

# HOW DO YOU PAIR THOSE LEAFY GREENS? LETTUCE EXPLAIN!

Salads get that “**WOW**” factor by mixing and matching a variety of different lettuce combinations.

Lettuce can usually be divided into four basic varieties, and each has its own distinct flavour:

- 1) **Butterheads** – Loose, soft, thick leaves with a mild, buttery flavour, such as Boston or Bibb.
- 2) **Loose-leaf** – Much more delicate, diverse and flavourful than the crisp-head variety. They come in both green and red leaf varieties.
- 3) **Romaine** – Feature a semi-dark, green, stiff, upright leaf.
- 4) **Crisp-head** – Usually are the most firm and most densely packed heads. They're also often more mild in flavour (for example, iceberg).

These varieties fall under three distinct flavour types. Try combining all three for an exciting take on green cuisine:

**MILD:** Romaine, Leafy, Oak Leaf, Iceberg, Spinach, Bibb, Boston

**MILD SPICY:** Baby Kale, Belgian Endive, Red Cabbage, Arugula, Savoy Cabbage, Baby Collard

**SLIGHTLY SPICIER OR BITTER:** Watercress, Radicchio, Dandelion, Frisée, Chicory, Curly Endive, Escargole, Mustard Greens

## WHAT ABOUT MESCLUN MIX?

Mesclun mix is a good option if you're in a hurry and looking for a variety of pre-mixed lettuce. You can often find it bagged or in bulk. It can include a range of greens of miniature leaves, including Asian greens, radicchio, green leaf, red oak, spicy mizuna, bitter radicchio, spinach, young chard or kale, wild greens, or leafy herbs like chervil.

Mesclun is a tempting combination of colours, textures and flavours, and is best served with a simple vinaigrette that doesn't overwhelm its subtle flavours and textures.







**KRAFT TIP:** Look for mixes with a good variety of fresh, young leaves. Avoid those that are mostly just chopped-up lettuce, which turn slimy quickly!

# TURN OVER A NEW LEAF... AND A NEW SALAD COMBINATION!

Try the following  
**KRAFT** dressing:

**Lettuce**

**Combine with:**

 Iceberg	Other crisp vegetables like: carrots, cucumbers, red/green onions, bean sprouts, tomatoes	<b>KRAFT</b> Extra Virgin Olive Oil <i>Signature</i> Sun Dried Tomato Vinaigrette; French, Thousand Island, Catalina; SIGNATURE Greek with Feta & Oregano, Roasted Red Pepper with Parmesan, Creamy Poppyseed
 Romaine	Hearty ingredients like: grilled chicken or steak, croutons, bacon, Parmesan or blue cheese	<b>KRAFT</b> Extra Virgin Olive Oil <i>Signature</i> Sun Dried Tomato Vinaigrette; Creamy Caesar, Rancher's Choice, Creamy Cucumber, Three Cheese Ranch; SIGNATURE Sundried Tomato & Oregano, Asian Sesame, Mandarin Orange with Sesame
 Spinach	Tomatoes, grilled or button mushrooms, hard-boiled eggs, bacon, sliced steak, red onions, blue cheese, strawberries, oranges, walnuts, almonds	<b>KRAFT</b> Extra Virgin Olive Oil <i>Signature</i> Red Raspberry Vinaigrette; French, Ranch with Bacon, Catalina with Bacon; SIGNATURE Sweet Onion, Creamy Poppyseed, Raspberry Vinaigrette, Asian Sesame, Mandarin Orange with Sesame
 Boston	Softer, lighter ingredients like: cooked shrimp, avocado, cherry tomatoes, oranges, berries	<b>KRAFT</b> Extra Virgin Olive Oil <i>Signature</i> Tuscan Italian Vinaigrette, Red Raspberry Vinaigrette, Aged Balsamic Vinaigrette; Zesty Italian, House Italian, SIGNATURE Raspberry Vinaigrette, Sundried Tomato & Oregano, Classic Herb, Balsamic Vinaigrette, Creamy Poppyseed
 Leaf	Tomatoes, carrots, peppers, mushrooms, cucumbers, cheese, cooked meats	<b>KRAFT</b> Extra Virgin Olive Oil <i>Signature</i> Tuscan Italian Vinaigrette, Sun Dried Tomato Vinaigrette; Chunky Blue Cheese, Creamy Cucumber; SIGNATURE Roasted Red Pepper with Parmesan, Asian Sesame, Mandarin Orange with Sesame
 Mesclun	Very little needs to be added as the greens are colourful and flavourful on their own – try berries, nuts, cherry tomatoes, croutons, soft or creamy cheeses	Any <b>KRAFT</b> Extra Virgin Olive Oil <i>Signature</i> Dressing; House Italian; SIGNATURE Raspberry Vinaigrette, Sundried Tomato & Oregano, Classic Herb, Balsamic Vinaigrette, Mandarin Orange with Sesame



**SUBSTITUTE:** Many of your favourite dressings come in **CALORIE-WISE** and **FAT FREE** versions!

# AROUND THE WORLD IN YOUR OWN BACKYARD

You don't need to travel halfway around the world to experience international cuisine! Take a flavour vacation in your own backyard with these exotic salad ideas:

CUISINE:	START WITH:	THEN TRY ADDING:	BRING IT TO LIFE WITH:
<b>FOR MEDITERRANEAN</b>			
<b>GREEK</b>	<ul style="list-style-type: none"> <li>Salad greens</li> </ul>	Artichokes, Roasted peppers, Walnuts, Feta, Apricots, Figs	<b>KRAFT Extra Virgin Olive Oil Signature Sun Dried Tomato Vinaigrette, Tuscan Italian Vinaigrette, Aged Balsamic Vinaigrette*</b>
<b>ITALIAN</b>	<ul style="list-style-type: none"> <li>Tomatoes</li> <li>Olives</li> </ul>	Sundried tomatoes, Zucchini, Parmesan, Garlic, Capers	
<b>PERSIAN MIDDLE EAST</b>	<ul style="list-style-type: none"> <li>Red onions</li> <li>Cucumbers</li> </ul>	Pistachios, Eggplant, Lentils, Pomegranate, Mint	
<b>FOR ASIAN</b>			
<b>THAI</b>	<ul style="list-style-type: none"> <li>Salad greens</li> <li>Carrots</li> </ul>	Coconut shreds, Thai basil, Thai chillies, Garlic, Cashews, Peanuts	<b>KRAFT Extra Virgin Olive Oil Signature Red Raspberry Vinaigrette**</b>
<b>CHINESE</b>	<ul style="list-style-type: none"> <li>Red peppers</li> <li>Green onions</li> </ul>	Water chestnuts, Bamboo shoots, Cilantro, Mandarin slices, Almonds	
<b>JAPANESE</b>	<ul style="list-style-type: none"> <li>Firm tofu</li> </ul>	Seaweed, Baby shrimps, Noodles, Ginger	

\* Also try **KRAFT** Greek with Feta and Oregano Dressing

\*\* Also try **KRAFT** Mandarin Orange with Sesame or Asian Sesame Dressing

## SALAD TOPPERS AND GARNISHES

Aside from seasonal toppings and garnishes, unusual and unexpected garnishes are hot this season! Say hello to new salad sensations with the following:

- Raw or lightly blanched asparagus, green peas, or beans
- Dried fruit, a variety of nuts (toasted, spiced, caramelized), croutons, pita chips, ramen noodles or dried chow mein (add right before serving)
- Fresh herbs (edible tender leaves only)

# THE SECRETS TO SALAD SUCCESS...

## STORAGE

Soft-leaved lettuce doesn't keep as well as firm greens like romaine or iceberg. Iceberg should keep for up to two weeks, butterhead and leaf lettuce for about four days, and romaine for about 10 days.

For crisp greens (and to minimize last minute preparation!) wash and dry them, then layer the leaves in clean paper towels and place in a plastic bag or an airtight container. Refrigerate in the crisper until you're ready to serve, but not more than a few hours for optimal nutrient retention. Don't tear the leaves until you're ready to use.

## PREPARATION

Tear large leaves, such as romaine and oak leaf, along the central rib – they'll retain more of their character.

Trim out tough ribs completely – fold the leaf lengthwise and gently pull up on the stalk, ripping the rib out as you go.

Don't dress your salad until the last minute. Greens become limp if they sit for too long. Keep in mind that too much dressing will overwhelm the greens and destroy the fresh look of your salad. A good rule of thumb is 1 tsp (5 mL) to 1 tbsp (15 mL) for every two cups (500 mL) of loosely packed greens.

## PRESENTATION

Try placing your salad dressing in the bottom of your salad bowl. Cross your salad spoons in the bowl, and then gently lay the greens on top of the spoons. This way, everything is ready to toss at the table, but the greens won't be sitting in the dressing.

Think outside the bowl. Try rolling mixed greens in a cucumber ribbon, or serving salad in edible bowls, like lettuce leaf cups, a hollowed-out pepper, or in a tortilla cup!

If you're serving a crowd, layering your salad will ensure your guests are getting a bit of everything (and no one is left with just leaves!)

**Salad can be just a salad, but how you present it can make the difference between ordinary and extraordinary!**