

6 p.m. Guests picking up beer can
beer.com. METRO NEWS SERVICES



10 tips for show-stopping salads

Jenna Bot of newly opened Salad Creations in Toronto (433 Yonge St.) has put together her Top 10 Tips and Tricks for Making the Greatest Summer Salads.

1. Design Your Own Salad: Think of a theme like “Canadian” and choose ingredients that suit the theme. You can also think of a recipe for an entree or soup and use those ingredients to turn it into a salad. For example: Buffalo wings, gazpacho, steak and potato.

2. Less Is More: Simplify your salad by choosing two ingredients as the main focus.

3. For A Healthy Crunch: Add a handful of nuts to any salad. Jazz up by pan frying (non-stick) with a drop of honey.

4. Dressing Rules: Creamy works well on iceberg and

romaine and salads with few to little ingredients (let the dressing be the focal point). Vinaigrettes work well on spring mix and spinach, then lightly dress the salad so the ingredients in the salad shine through. Balsamic vinegar and oil works well too: Experiment with different oils and vinegars for different flavour profiles. For extra flavour add lemon juice or zest, honey, garlic and/or Dijon mustard.

5. Experiment With Seasonal Fruits: Try berries (pomegranate seeds, blueberries, and strawberries), mango, oranges, apples and peaches.

6. Experiment With Different Starches: Try couscous, quinoa, potatoes, leftover pasta, and tortilla chips.

7. Grow Fresh Herbs: Grow them indoors or on the patio, chop them up and put



in salads for health benefits and unique flavours.

8. Use What's In Season: Make fresh but inexpensive salads with Ontario grown products.

9. Use Leftovers: You don't need to buy new items to make a great salad. The original famous “Cobb” salad was made from leftovers.

10. Experiment with different lettuces: There are tons of varieties to choose from: Maché, boston leaf, red leaf, watercress, arugula and endive.