



# Salads

Catering Services



**APPS**

5 - 10 Minutes



**Baby Greens** **VG** **GF**

1. On a clean cutting board, slice the cucumber along the center to create two equal sides. Place the flat side on the cutting board to prevent movement when cutting. Cut in 1/4 inch slices on a slight angle.
2. Put greens in a large bowl, pour desired amount of the dressing over top, toss or shake to distribute dressing throughout.
3. Plate greens on desired plates. Place shredded carrots, cucumber, and tomatoes over the top of the greens. Finish by sprinkling top with sunflower seeds.



**Sous Vide Beet Salad** **V** **GF**

1. Cut beets in half through the core. Cut into 1/4 inch thick half-moons.
2. In bowl lightly drizzle 1/2 oz of dressing on the beets, season with salt and pepper to taste.
3. Lightly dress greens with dressing and additional salt and pepper. Too much dressing will make the greens soggy.
4. Plate greens on desired plates. Place beets evenly over top. Crumble goat cheese on the greens. Finish with toasted pumpkin seeds.



**Baby Spinach Salad** **GF**

1. Slice hardboiled eggs into 1/4 inch round coins.
2. Cut strawberries into wedges. Depending on the size of the berry cut into 4 to 8 pieces.
3. Lightly dress greens with dressing and additional salt and pepper. Too much dressing will make the greens soggy.
4. Plate greens on desired plates. Place the egg slices on top of salad. Sprinkle on pecans.