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A Primer on Salads and Salad Dressings

The World's Easiest Vinaigrette can spruce up even the most unexciting greens on your plate. But did you know your greens provide you with Vitamins A, C and E, beta-carotene, calcium, iron, and fiber?

Salad dressings are an integral part of dining on greens and in this class you will learn how to prepare six different dressings – vinaigrettes, fruit based, vegetable based and even a “ranch” dressing. Bring out the creativity in you by blending and mixing flavors

MENU: World's Easiest Vinaigrette, Orange Oregano, Ultimate Dill, Tomato Basil, Asian, and “Ranch” Dressings.