

Asian Salad

Salad

- Chopped romaine lettuce
- Shredded carrots
- Fried Lo Mein Noodles
- Green onions

Dressing

- 2 T rice wine vinegar
- 1 ½ T soy sauce
- ½ T ginger, grated
- 1 clove garlic, minced
- 1 T sesame oil
- ¼ c oil
- ½ T sesame seeds
- 1 T brown sugar

Italian Salad

Salad

- Romaine lettuce
- Iceberg
- Sliced red onion
- Roma tomato
- Sliced olives
- Shredded Cheese

Dressing

- 3 T olive oil
- 2 T white wine vinegar
- ½ T dried parsley
- ½ T lemon juice
- 2 garlic cloves, chopped
- 1/2 t dried basil, crumbled
- 1/4 t dried crushed red pepper
- Pinch of dried oregano

Spinach and Strawberry Salad

Salad

- Spinach
- Strawberries
- Pecans

Dressing

- ¼ c vegetable oil
- 2 T white wine vinegar
- 3 T white sugar
- 1/4 t paprika
- 1 T sesame seeds
- ½ T poppy seeds