

EVERYTHING
HERBAL

by Cheryl Jabz

SALADS

Easy to Make Herbal Recipes



1. WHAT IS A SALAD?

A salad is a dish made from a mixture of fresh ingredients that are typically served cold or at room temperature. Most salads include vegetables, leafy greens, herbs, fruits, grains, pasta, nuts, seeds, cheeses, or proteins combined with a dressing for flavor.



2. HERBAL SALADS

Herbal salads especially focus on the use of fresh herbs like basil, dill, parsley, mint, cilantro, chives, rosemary, and thyme to add aroma, freshness, and vibrant flavor. Salads can be light and refreshing, rich and creamy, sweet and fruity, or hearty enough for a full meal.



3. COMMON TYPES OF SALADS INCLUDE:

Garden salads • Pasta salads • Potato salads • Fruit salads • Grain salads
• Bean salads • Herbal and edible flower salads



4. SALADS ARE POPULAR BECAUSE THEY ARE:

Fresh and flavorful • Easy to customize • Nutritious • Colorful and visually appealing • Suitable as side dishes or main meals



5. DRESSINGS

Dressings may be creamy, oil-based, citrusy, sweet, tangy, or herb-infused depending on the style of salad.



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