

# HERBAL SALADS

Salad has become part of our everyday cuisine. One of the quickest and easiest ways of adding flavor to even the simplest of salads is to use herbs, in dressings and vinaigrettes or freshly picked, chopped and added to the other salad ingredients.

In many Mediterranean countries, fresh herbs are used as primary salad ingredients. Herbs are appreciated for the complex flavor and refreshing taste they bring to a salad. Parsley, cilantro, chervil, arugula and mint are commonly used this way. Fresh oregano and thyme might be added in smaller quantities. Herbs add interesting textures, flavors, and colors to an otherwise boring salad.

Suggested herbs for marinades:

- Basil
- Borage
- Chervil
- Chives
- Dill
- Hyssop
- Lovage
- Parsley
- Sage
- Sorrel
- Yarrow

