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Easy Recipes For Delicious Salads

Salads are nutritional and can be the great source of vitamins, proteins, carbohydrates, minerals and lot more. They are considered as light meal and much more than an appetizer. Their preparation mostly involves vegetables (leafy vegetables) and sometimes fruits. The dressing forms the crux of it, which differentiates the taste of different salads. Occasionally it is prepared with meat, fish cheese or nuts, which makes it a high calorie-content. Basically these delicacies are healthy with low calories, most commonly found on every dining table in US. The most commonly consumed green salad consists of variety of vegetables like lettuce, spinach or arugula. This is not all, as the recipes can also be seen with tomato, cucumber, peppers, mushrooms, onions, spring onions, and red onions, carrot and reddish. We come across people who love to try different things in their daily diet they make different combinations in the same dish to give it different taste and flavor. For this reason we find green salads complimented with pasta, olives, cooked potatoes, croutons, beans, rice meat, cheese and fish. That is why salad is not just any mixture of leafy vegetables but needs proper garnishing and serving with of course the right mix of ingredients. There are wide array of sumptuous chicken and summer salad recipes with tantalizing taste and mouth-watering aroma. Lets look at one of the recipe called Chinese chicken salad recipe which easy to prepare and tasty to eat. The almonds and noodles in the salad add a crunchy taste to it and the dressing makes it spicy and sweet. Take a quick look at the ingredients needed. Chinese chicken salad

Ingredients: Coleslaw 1 packet of chicken noodles 1/2-cup of chopped green onions Few sliced almonds to add crunch 4 skinless, boneless chicken breasts

Dressing essentials: 1/2 cup of sugar 1/2 cup of olive oil Wine vinegar or same quantity of rice preferably 1/2 cup rice 2 tsp. of soy sauce Seasoning from the ramen

Method To start with the Chinese chicken salad, you need to bake/grill and cube the 4 chicken breasts properly. Once this is done you have to combine all ingredients together. When the ingredients are mixed properly put the dressing on it immediately before serving. During summer the intake of regular diet is less but the salads with nice dressings and variety of toppings can actually work as appetizers. The summer salad recipe involves fresh vegetables. Just go through the recipe to find out more about it.

Mid-summer Italian bread salad

Ingredients 1 clove of garlic (1 pound) loaf or Italian bread preferably 1 cup of finely chopped tomatoes 1 cup of peeled, seeded and chopped cucumber 1 cup of chopped red onion 1 clove crushed garlic 2 cups of chopped fresh basil 1/8 cup of chopped fresh thyme 1/4 cup of olive oil 2 tablespoons of balsamic vinegar

If the bread is too fresh toast it till it becomes dry and crunchy.

Preparations First of all rub the peeled clove of garlic from inside of wooden salad bowl. After that chop the bread into small size pieces. Mix bread, tomato, tomato, cucumber red onions, garlic, basil and thyme in the prepared bowl. Finally add oil and vinegar for lightly coating. Toss and serve the Mid-summer Italian bread salad wondering how a good salad recipe can lead you to great salad, this article will provide you with an insight for the best salad recipes that will win you accolades.

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