



Slow Food
DENVER

Salads + the Five Tastes

Supplies:

large bowls

Wire whisk

Spoons, as needed

Food:

3-4 different salad greens, such as:

- baby kale, arugula, romaine, spinach, butterleaf, etc.

Dijon mustard

Honey

Salt

Pepper

Extra Virgin Olive Oil

Optional ingredients:

Grated parmesan

Nutritional yeast

Fresh herbs

Spices