

# Seasonal Salads Cooking Class

## SHOPPING LIST

*We encourage you to use what works best for you and represents flavors you love! If you'd like to use Gabe's Gourmet Foods spices, you must order by May 2 to receive them in time for our event.*

### Layered WOW Salad

- One packet of Gabe's Original Dressing & Marinade Spices or store-bought ranch, blue cheese or raspberry vinaigrette salad dressing
  - If you are using Gabe's spices, you will also need vinegar (red wine, apple cider or white wine), oil (vegetable, sunflower or light olive) and lemon juice.
- Lettuce(s) of choice, like mixed greens, spring mix, romaine or spinach
- Red cabbage
- Any vegetables you love like shredded carrots, diced cucumbers, cherry tomatoes or radishes
- Crumbled cheese like feta, blue cheese, asiago or shredded parmesan
- Pickled or canned red beets
- 2-4 hard boiled eggs (sliced in thin round or quartered)
- Cooked, crispy and crumbled bacon or store-bought bacon crumbles
- Dried cranberries, raisins or other fruit
- Nuts (whole, chopped or sliced), like pecans, almonds, peanuts or pistachios
- Fresh edible flowers (optional)

### Loaded Mediterranean Pasta Salad

- One packet of Mama's Mediterranean Spices or store-bought balsamic vinaigrette, Italian or Greek salad dressing
  - If you are using Gabe's spices, you will also need vinegar (red wine, apple cider or white wine), oil (vegetable, sunflower or light olive) and lemon juice.
- Cooked pasta of choice (any size or shape will work!)
- Cherry tomatoes (halved or quartered)
- Green, black or Kalamata olives (whole or halved)
- Red onion (thinly sliced)
- Yellow, red and green peppers (thinly sliced)
- Cucumbers (thinly sliced and quartered)
- Green onion (optional)
- Feta cheese (optional)
- Shredded or diced carrots (optional)
- Diced celery (optional)

