

## Italian Salads

**Nutritious Italian Salads** Salad is basically a mixture of foods including vegetables and fruits. It often has a sauce or dressing or may have an addition of pasta, meat, fish, and cheese. The word salad is derived from the French word *salade*. The Italian salads remain the most popular ones. The Greek colonists in Italy were the first to eat the salads. These Greek colonists were the first ones to eat mixed fresh herbs for staying in good health. The Italian dictionaries give the definition for salad. It is defined as a dish full of greens, dressed with oil and salt and has a dash of wine vinegar or lemon. The salads have however evolved from this basic concept. The salads today consist of almost everything from vegetables to seafood along with grains and pastas. The salads could accomplish the main course. Italy is a land of salads. The secret in making any Italian salad lies in its ingredients. Salads are eaten in Italy throughout the year. However, the season's freshest ingredients are used in the salad. During spring, one can choose baby mixed greens, tender asparagus shoots, and tender fava beans. In summer, one can choose from an array of seasonal fresh vegetables and make the salad tasty and nutritious. In winters too, various nutritious ingredients are used to make the delicious yet nutritious Italian salads. By adding citron or vinegar, one can gain a tangy taste to the salad. Most of the Italian women are known for their culinary skills. The Italian women are known for their tasty and vibrant kitchens. The specialty of the Italian kitchen is that everything is cooked with fresh ingredients. Salads serve as the favorite starter dish to match any meal. The Italian salads comprise of green vegetables, fruits and meat or poultry. All the Italian salads are garnished in a classic style and have a different style of dressing. Typical Italian salad is made up of great collection of vegetables. It could also be a mixture of vegetarian and non-vegetarian items. Olive oil remains the prime ingredient of detectable Italian salad. More and more people are getting conscious of their health and obesity. Italian salads are nutritious as well as healthy diets. Italian salads use dressings like limejuice and vinegar. Some other excellent dressings use avocado, tomato and mustard. Italian salads make the best diet for the dieters. The complete bouquet of Italian salads comes with meat, poultry, pork, and seafood. One can choose from an array of delicious and nutritious Italian salads. However, Caesar's salad is one of the most popular Italian salads. It is not only popular in Italy, but has also spread its popularity around the globe. By mixing various ingredients, Italian salad recipes have won the hearts of people all over the world. Italian salads come in vegetarian, non-vegetarian, and a combination of both. Preparing Italian salads is very easy. However, one needs to be very careful while choosing the ingredients for the salad. The dressing and garnishing of the Italian salad is very important.