



CULINARY INSTITUTE OF CHILD NUTRITION Visit www.theicn.org/star to watch the CICN Webinar Series

base to multiple offerings and flavor combinations. Start with:

Build a salad that can serve as a

- romaine lettuce
- iceburg lettuce
- shredded purple cabbage
- shredded carrots
- green onion

Core to Explore

Add a variety of meats or meat alternates to any salad to build flavor profile!





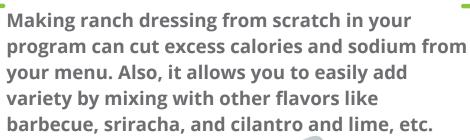


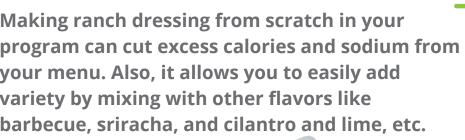


Consider adding a serving of whole grains!

Asian Inspired









Barbeque

mustard, or an emulsifier.

Variations include:

- balsamic
- raspberry
- cilantro lime
- sesame ginger • lemon garlic



Vinaigrette This project was funded using U.S. Department of Agriculture grant funds. The USDA is an equal opportunity provider, employer, and lender. The University of Mississippi is an EEO/AA/Title VI/Title IX/Section 504/ADA/ADEA employer.

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