

EXPERT PICKS

Build a better salad

Three authorities give us their favorite tips.



Graham Kerr, author of *Graham Kerr's Kitchen* and host of *The Gathering Place*

Pick: Dress greens with a spinner.

Why: Add vinaigrette to well-rinsed greens while they're in the basket, spin the salad with the dressing, remove, and serve.



Andrew Swallow, executive chef at Mixt Greens in San Francisco

Pick: Choose complementary greens.

Why: When choosing greens, look for a contrasting texture to make the salad more interesting. If the ingredients are crunchy (carrots, peppers, onions), use something soft, like butter lettuce; if most of the components are soft (grilled meats, cheeses, cold roasted vegetables), use a crunchy lettuce, like romaine.



Sandra Woodruff, MS, RD, author of *The Best-Kept Secrets of Healthy Cooking*

Pick: Athenos Reduced Fat Feta with Tomato and Basil

Why: It has $\frac{1}{2}$ less fat than regular feta, and because you only need a few tablespoons, it can add flavor without a lot of calories. Plus, it's already crumbled and contains a punch of bright tomato and basil flavor. It's an easy way to perk up almost any salad. I use it in green salads, pasta salads, rice salads, couscous, and even in chicken or shrimp salads. —Erin Hobday

