



Culinary Institute  
of America

## FOOD ID FROM CIA

### BITTER SALAD GREENS



1. Escarole

2. Radicchio

3. Frisée

4. Belgian endive (red and white)

5. Arugula

6. Watercress

7. Mâche/lamb's lettuce

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**Bachelor's and Associate Degree Programs for the Food and Hospitality Industry**

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1-800-CULINARY (285-4627) | [admissions@culinary.edu](mailto:admissions@culinary.edu)