

QUICK BITES

Salads



JAMIE LYNN FERGUSON/22ND CENTURY MEDIA
Frankfort's chosen plate of greens was the **Spinach Salad from Parmesans**.

Compiled by 22nd Century Media staff

A few leaves of lettuce and some veggies just don't cut it when looking for a quick, filling salad. 22nd Century Media editors sought out the area's top salads to satisfy their craving for something green.

Parmesans Wood Stone Pizza — Frankfort

Parmesans has a salad worthy of being called a meal. The Spinach Salad (\$8.50) is a

piling of crisp green spinach leaves surrounded by a crown of bacon-crustured flat bread croutons. It's topped with splashes of champagne vinaigrette, and in the center, the salad is finished off with mushrooms, bacon bits and Parmesan cheese. The champagne dressing is worth celebrating, and is poured in abundance atop the garden delight. When you're finished, don't be too shy to dip the flat bread croutons in the vinaigrette — you'll have plenty of each to

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spare.

Other salads available at Parmesans are the Salmon Salad with capers, shallots and flat bread croutons (\$11.50), Julienne of Chicken served with warm balsamic dressing (\$9.95) and the Antipasti Salad loaded with Italian meats and cheeses also for \$9.95. Parmesans is located at 10235 W. Lincoln Highway in Frankfort.

The pizzeria opens at 11 a.m. every day, and closes around 9 p.m. during the week and 10 p.m. on weekends.

For more information, call (815) 806-1919.

Story by Editor Jamie Lynn Ferguson