



# HOW TO: BUILD A SALAD



**BUILDING A SALAD CAN BE EASY.** This flowchart can help you build a salad with what you may have on hand. Try to add a salad, even a handful of greens, to every meal. Or even just one meal a day. This flowchart will help you create 4 servings. Modify the volume of each category to make less or more.



# HOW TO: BUILD A SALAD DRESSING



- **START** by adding 1 tablespoon of your acidic (sour) ingredient
- **ADD** 3 times more of your fat of choice
- **ADD** a small pinch of salt or sweetness
- **ADD** additional flavor accents, such as basil, dill, citrus zest
- **SHAKE** until well mixed. Taste with salad greens and adjust flavor if needed

OUR FAVORITE COMBINATIONS	
GREEK	2 tsp red wine vinegar, 2 tbsp. extra-virgin olive oil, a pinch of salt and a pinch of sugar and chopped fresh basil
RASPBERRY BALSAMIC VINAIGRETTE	2 tsp balsamic vinegar with a few muddled raspberries, 2 tbsp. extra-virgin olive oil, a pinch of salt, pepper and garlic powder, ½ tsp Dijon mustard
VINAIGRETTE	2 tsp red wine vinegar, 2 tbsp. canola oil, a pinch of salt and black pepper and minced shallot
ITALIAN	2 tsp red wine vinegar, 2 tbsp. extra-virgin olive oil, a pinch of salt and 1 tbsp. of chopped fresh Italian parsley and minced garlic
SESAME DRESSING	2 tsp balsamic vinegar, 2 tbsp. sesame oil, 1 tbsp. of soy sauce, a pinch of ginger, and minced garlic, toasted sesame seeds optional
CAESAR DRESSING	2 tsp balsamic vinegar, 2 tbsp. extra-virgin olive oil, pinch of salt, pepper and garlic powder, 1 tsp of honey, 1 tsp of honey, 2 tbsp. grated parmesan cheese
BLUE CHEESE	1 tsp red wine vinegar, 1tbsp. sour cream or greek yogurt, 4 tbsp. mayonnaise, ¼ tsp Dijon mustard, 2 tbsp. crumbled blue cheese
CILANTRO DRESSING	2 tsp balsamic vinegar, 2 tbsp. lime juice, 2 tbsp. extra-virgin olive oil, pinch of salt and pepper, 1 tsp of honey, 1 tbsp. of chopped fresh cilantro and minced garlic
TOMATO BASIL VINAIGRETTE	2 tsp red wine vinegar, ¼ chopped seeded plum tomatoes, 2 tbsp. extra-virgin olive oil, pinch of salt and pepper, 1 tsp chopped fresh basil, and minced garlic
HONEY MUSTARD	2 tsp balsamic vinegar, 2 tbsp. extra-virgin olive oil, 1 tsp of honey, 1 tbsp. Dijon Mustard