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.

**GREENS (4 CUPS)**
- Leaf lettuce
- Spinach
- Romaine lettuce
- Mixed salad greens
- Arugula

**VEGETABLES (1-2 CUPS)**
- Beets or carrots (roasted, shredded)
- Cucumber (sliced or chopped)
- Tomatoes (sliced or chopped)
- Corn or peas (fresh or cooked)
- Radishes (sliced)

**OPTIONAL PROTEIN (1 CUP)**
- Beans
- Hard boiled eggs
- Chicken, turkey, beef, or pork
- Tofu, crumbled and drained

**ADD INS (1/2 CUP)**
- Toasted nuts or seeds
- Cheese
- Cooked grains
- Olives

**SALAD DRESSING (1/4 CUP)**
- Oil and vinegar
- Honey mustard
- Citrus dressing
- Balsamic

Turn the page for healthy salad dressing recipes.
• 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

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<thead>
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<tbody>
<tr>
<td>GREEK</td>
<td>2 tsp red wine vinegar, 2 tbsp. extra-virgin olive oil, a pinch of salt and a pinch of sugar and chopped fresh basil</td>
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<tr>
<td>RASPBERRY BALSAMIC VINAIGRETTE</td>
<td>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</td>
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<tr>
<td>VINAIGRETTE</td>
<td>2 tsp red wine vinegar, 2 tbsp. canola oil, a pinch of salt and black pepper and minced shallot</td>
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<tr>
<td>ITALIAN</td>
<td>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</td>
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<tr>
<td>SESAME DRESS-ING</td>
<td>2 tsp balsamic vinegar, 2 tbsp. sesame oil, 1 tbsp. of soy sauce, a pinch of ginger, and minced garlic, toasted sesame seeds optional</td>
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<tr>
<td>CAESAR DRESS-ING</td>
<td>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</td>
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<tr>
<td>BLUE CHEESE</td>
<td>1 tsp red wine vinegar, 1 tbsp sour cream or greek yogurt, 4 tbsp. mayonnaise, ¼ tsp Dijon mustard, 2 tbsp. crumbled blue cheese</td>
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<tr>
<td>CILANTRO DRESSING</td>
<td>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</td>
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<tr>
<td>TOMATO BASIL VINAIGRETTE</td>
<td>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</td>
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<tr>
<td>HONEY MUSTARD</td>
<td>2 tsp balsamic vinegar, 2 tbsp. extra-virgin olive oil, 1 tsp of honey, 1 tbsp. Dijon Mustard</td>
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