

# How to build a Salad



## BASE: GREENS (4 CUPS)



- Leaf lettuce
- Spinach
- Romaine lettuce
- Mixed salad greens
- Arugula

## COLOR: SEASONAL VEGETABLES OR FRUITS (1-2 CUPS)



- Turnips (roasted or sliced)
- Radishes (sliced)
- Carrots (shredded, roasted)

## SATISFACTION: OPTIONAL PROTEIN (1 CUP)



- Hard boiled eggs
- Chicken, turkey, beef, or pork
- Tofu, crumbled and drained
- Beans

## TEXTURE: ADD INS (1/2 CUP)



- Toasted nuts or seeds
- Cheese
- Cooked grains
- Olives
- Dried or fresh fruit

## SALAD DRESSING (1/4 CUP)



# How to build a Salad Dressing



## ACID (1 PART)



- White vinegar
- Balsamic vinegar
- Apple cider vinegar
- Lemon juice
- Pickle juice
- Mustard

## FAT (3 PARTS)



- Canola oil
- Vegetable oil
- Olive oil
- Mayo
- Plain yogurt
- Peanut butter

## SALT AND SWEET



- Table salt
- Soy sauce
- Pickle juice
- Grated Cheese
- Sugar
- Honey
- Jam or jelly
- Applesauce

## FLAVOR



- Garlic
- Onion powder
- Italian seasoning or dried herbs
- Black pepper
- Hot sauce
- Crushed red pepper flakes

## COMBINE!

Shake or stir well until fully combined. Taste with salad greens and adjust as needed.

## ITALIAN DRESSING

- 2 tsp apple-cider vinegar or red wine vinegar
- 2 tbsp. vegetable oil or extra-virgin olive oil
- pinch of salt
- 1 tbsp. of chopped fresh Italian parsley and minced garlic

