

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)

ACID

FAT

SALTY

SWEET

FLAVOR ACCENT



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

