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.

**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
- Fruit

**Salad Dressing (1/4 Cup)**
- Oil and vinegar
- Honey mustard
- Citrus dressing
- Balsamic vinaigrette
- Ranch

Turn the page for healthy salad dressing recipes.
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

<table>
<thead>
<tr>
<th>FLAVOR ACCENT</th>
<th>ACID</th>
<th>FAT</th>
<th>SALTY</th>
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**OUR FAVORITE COMBINATIONS**

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<tr>
<td><strong>GREEK</strong></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><strong>RASPBERRY BALSAMIC VINAIGRETTE</strong></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><strong>VINAIGRETTE</strong></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><strong>ITALIAN</strong></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><strong>SESAME DRESSING</strong></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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<td><strong>CAESAR DRESSING</strong></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><strong>BLUE CHEESE</strong></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><strong>CILANTRO DRESSING</strong></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><strong>TOMATO BASIL VINAIGRETTE</strong></td>
<td>2 tsp red wine vinegar, ⅛ 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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<td><strong>HONEY MUSTARD</strong></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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