

Build a Better Salad

Salads should be anything but boring! Trying different flavors, textures and combinations means the sky's the limit. Salads can be a great way to add nutritious foods to your day and increase your veggie and fruit intake by leaps and bounds. Top them off with tasty proteins and healthy fats and you can turn a nice side dish into a complete meal. Here are some suggestions for building a delicious salad that will also provide your body with a boost of goodness.

THE BASE

Start with:

- Arugula
- Spring Mix
 - Kale
- Baby Spinach
- Romaine
- Cabbage
- Micro greens
- Bagged Mixes (like *Crunchy Cruciferous* from Trader Joe's or *Sweet Kale* from Costco).

Don't underestimate the power of a strong base!

VEGETABLES

Add:

- Carrots
- Cucumbers
- Tomatoes
- Broccoli
- Cauliflower
- Snap peas
- Fennel
- Peppers
- Green onions
- Green beans
- Mushrooms
 - Radish
 - Celery
 - Jicama
- Fresh herbs

Eat the **RAINBOW!**

COOKED ADDITIONS

Try:

- Marinated veggies
- Sautéed veggies
- Roasted Root vegetables (parsnips, carrots, beets)
- Cooked and sliced sweet potatoes
- Cubed and roasted winter squash
 - Quinoa
 - Brown rice

This is a great way to use up leftovers and make a salad more substantial.

FRUIT

Possibilities:

- Blueberries
- Cranberries
- Cherries
- Apples, pears
- Pomegranate seeds
- Grapes
- Oranges
- Grapefruit
- Avocado, olives (technically fruits, but also full of healthy fat!)

Think seasonal. Peaches and nectarines are great in the summer, oranges and apples in the fall and winter.

PROTEIN

Top with:

- Chicken
- Salmon
- Tuna
- Sardines
- Beef (ground beef, sliced steak)
 - Pork
 - Bacon
- Hard boiled eggs

CHEESE

Choose from:

- Feta
- Blue
- Gorgonzola
- Goat
- Parmesan

NUTS and/or SEEDS

Sprinkle on:

- Pecans
- Walnuts
- Almonds (chopped or sliced)
- Macadamias (chopped)
- Pumpkin seeds
- Sunflower seeds
- Pine nuts

Try toasting nuts first. This intensifies the flavor and requires fewer for the same punch. A game changer!

DRESSING

Drizzle with:

Choice of -

- a squeeze of fresh lemon or orange, apple cider vinegar, white wine vinegar, balsamic vinegar, or flavored vinegars (fig, grapefruit)

Pair with -

- olive oil, avocado oil, or sesame oil.

Add -

- a pinch of salt, pepper and/or dried herbs

Keep it simple! The key is to let the salad speak for itself.

