

FOUR STEPS TO A Perfect Salad:

Our Chefs recommend these easy steps to make your salads awesome. Mix and match different flavors and textures so every bite is something new!

1

start

WITH A VARIETY OF VEGGIES

Go beyond lettuce and try crunchy Napa cabbage, leafy kale, or tangy arugula. Mix in unexpected and nutrient-packed veggies like corn, peas, roasted sweet potatoes, marinated broccoli, raw beets, sweet cherry tomatoes, or mushrooms.

2

add

A FLAVOR BOOST

Kick it up a notch by adding one or two of your favorite sweet, salty, spicy, tangy, crunchy or chewy mix-ins like olives, raisins, fresh herbs, baked corn chips, diced fresh fruit, roasted sunflower seeds, parmesan cheese, or whole grain pita chips.

3

pack

ON SOME PROTEIN

Make your salad a meal with muscle-boosting proteins like grilled chicken, roasted turkey, marinated tofu, chickpeas, cheddar cheese, or taco-seasoned meat or beans.

4

drizzle

A DRESSING

Top your salad off with a little dressing; just make sure you use a small amount so you can enjoy all the other flavors you've added! Go bold by making dressings with unexpected ingredients like a squeeze of fresh lime juice, Sriracha, fresh ginger, or sweet and sour sauce.

HOW MUCH IS ENOUGH?

If you're making a meal out of a salad, make sure you're including enough of the good stuff to keep you full and satisfied.

Start with about 2 cups of salad greens (about 4 cupped handfuls),

Add another cup or two of vegetables and/or fruits, then top with 2-3 ounces of protein (about the size of the palm of your hand). Add some crunchy toppings and a light dressing and you're set!

MAKE PREP A SNAP!

Making a salad at home can seem like a lot of work, but enlisting the help of other household members can make things go faster, and prepping a bunch of ingredients for the



week can encourage everyone to eat salads more often. Choose 5 or 6 ingredients to have on hand for the week and pack them in clear containers so they're easy to grab when the salad mood hits you.



STILL TIGHT ON TIME?

Buy some ingredients pre-washed and cut! Spending a little more

on these items saves time, is less expensive than a restaurant meal, and offers you a better chance of making a healthier choice!

BUYING TIPS



MAKE USE OF DRIED FRUITS AND VEGETABLES—they last a long time and are a quick and inexpensive way to jazz up a salad. Frozen and canned ingredients are great choices as well!



EAT SEASONALLY—Choosing fresh produce that's in season will ensure the best price, taste, and nutrition. For in-season ideas in your area, visit www.fruitsandveggiesmorematters.org or use our next tip.



ASK THE EXPERTS—farmers markets and the produce department at your local grocery store are two great places to go to learn about seasonal foods. These produce experts can also provide tips for selecting, storing, and preparing items with which you may not be as familiar.

INSPIRED *Salads*

Need some salad inspiration?

Our chefs love creating exciting flavor combinations with delicious ingredients, and you can too! Use the chart below to craft salads that are sure to delight!

	AMERICAN CLASSICS	PAN ASIAN	LATIN FLAIR	MEDITERRANEAN
Greens	Romaine, Savoy Cabbage, Parsley	Napa Cabbage, Baby Bok Choy, Thai Basil	Romaine, Amaranth Leaves, Cilantro	Spinach, Chard, Kale, Arugula, Basil
Vegetable and Fruit Toppings	Cucumber, Grape Tomato, Shredded Carrots, Celery, Mushrooms, Raisins, Diced Apple, Beets, Red Onion	Scallion, Water Chestnut, Baby Corn, Bamboo Shoots, Shiitake Mushrooms, Broccoli, Coconut, Pineapple	Corn (Poached or Roasted), Peppers (Fresh or Roasted), Mexican Squash (Fresh or Roasted), Mango, Coconut, Nopal (Cactus)	Portabella (Fresh or Roasted), Cipollini Onions, Artichoke Hearts, Sun Dried Tomato, Marinated Cherry Peppers, Blood Orange, Grapes, Figs
Flavor Boost	Black Olives, Blue Cheese Crumbles, Croutons, Parmesan	Crunchy Wonton Strips, Chopped Peanuts, Wild Rice	Baked Corn Chips, Diced Avocado, Quinoa	Olives (Any Kind), Pepperoncini, Pasta Salad, Pita Chips, Feta Cheese, Hummus
Protein	Baked Chicken Tenders, Kidney Beans, Hard Boiled Egg	Tofu, Soy Beans, Chicken Breast, Grilled Beef Strips	Black Beans, Cheddar Cheese, Lean Ground Beef	Cannellini Beans, Grilled Chicken Breast, Hummus, Roasted Turkey
Dressing	Ranch, Thousand Island, Honey Mustard	Sweet and Sour Vinaigrette, Sesame Ginger, Sriracha	Lime Juice and Olive Oil, Salsa	Italian, Olive Oil and Balsamic Vinegar, Tzatziki Sauce