

Build Your Own Salad

Ingredients

Salad:

- 8 cups your choice of base greens, or a mixture of a few types
- 2 cups fruits and/or vegetables
- ¼ your choice of crunchy toppings
- ¼-½ cup your choice of special toppings

Dressing:

- ¼ olive oil
- 1 ½ tablespoons acid (lemon, lime, apple cider vinegar, red wine vinegar, or other vinegar)
- 1 ½ teaspoons mustard
- ½ teaspoon salt
- Black pepper, to taste
- Herbs (optional): 1 teaspoon of dried herbs or 1 tablespoon fresh



Directions

1. Pour all of the dressing ingredients into a jar with a tight-fitting lid. Close the jar, shake well.
2. Put your choice of a salad base in a large bowl. Pour about ¾ of the dressing onto the greens and mix. Add more dressing as needed until the salad is dressed to your liking, mix again.
3. Add your vegetable and fruit choices to the bowl and mix.
4. Top with your choice of crunchy and special toppings. Season with salt and pepper and serve

Ingredient Table

- **Base:** romaine, red or green leaf lettuce, cabbage, kale, spinach, arugula, or other greens
- **Vegetables:** Raw: grated carrots, sliced onions, sliced radishes; Roasted: broccoli or cauliflower florets, diced sweet potatoes or winter squash
- **Fruits (savory):** sliced or diced tomatoes or bell peppers, sliced cucumbers
- **Fruits (sweet):** thinly sliced apples, pears or oranges, pomegranate seeds, dried cranberries
- **Crunchy toppings:** chopped nuts, such as almonds, walnuts, or pistachios; seeds, such as pumpkin or sunflower; crumbled tortilla chips, or croutons
- **Special toppings:** olives, pickled peppers, diced jalapeños, diced avocado, crumbled cheese
- **Dressing herbs:** thyme, rosemary, oregano, dill, cilantro, or parsley

Make it a Meal

Add in 1 cup of grains such as rice or quinoa, or top with tofu, beans, or your other favorite protein to make this salad a complete meal for two or three.

Our Favorite Combos:

- **Taco Salad:** romaine and cabbage base, bell peppers, carrots, avocado, tortilla chip crumbles
- **Greek Salad:** romaine base, tomatoes, cucumbers, kalamata olives, plus oregano in dressing
- **Loaded Veggie Salad:** romaine, spinach and arugula base, roasted broccoli, grated carrots, red onions, sunflower seeds, olives, or pickled peppers
- **Sweet Apple Salad:** spinach and arugula base, red onions, apples, walnuts, crumbled cheese