

HOW TO TURN A SALAD INTO A MEAL

Mix and match your favorite ingredients and turn a summer salad into a satisfying meal. Remember that greens, vegetables, and fruit should comprise half your plate.



1 *Wash and cut the greens, other vegetables, and fruit into bite-size pieces.*

GREENS

Arugula
Spinach
Bibb lettuce
Romaine
Cabbage
Baby kale
Leaf lettuce
Escarole
Collard greens
Swiss chard

VEGGIES

Carrots
Avocado
Fennel
Asparagus
Radishes
Broccoli
Green peas
Cucumber
Beets
Onion
Bell peppers
String beans

FRUITS

Apples
Pears
Berries
Cherries
Grapes
Plums
Dried fruits:
cranberries,
cherries,
apricots

2 *Add cooked protein and grains.*

PROTEINS

Salmon
Tuna
Eggs
Beans/lentils
Edamame
Chicken
Turkey
Tofu
Tempeh

GRAINS

Quinoa
Brown rice
Farro
Bulgur
Barley
Millet
Spelt berries

3 *Add extras.*

EXTRAS

Fresh herbs: dill, parsley, cilantro, basil, mint
Seeds: sunflower, pumpkin, chia, flax, hemp
Nuts: almonds, walnuts, pecans, pistachios, pine nuts, hazelnuts
Cheeses: feta, goat, parmesan, blue cheese
Olives, pickled beets, capers

4 *Drizzle with dressing and serve.*

To make your own dressing just add 2 parts oil to one part vinegar or citrus, add your favorite herbs and spices, and shake well.