

SALAD SUCCESS!



Salads are super for lunch or supper! This dynamic dish can be developed with a large variety of ingredients and can change based on season. Here are several suggestions for stunning salads that will have people coming back for seconds:

DELICIOUS & EASY!



LEAFY BASE: Start with lots of greens like spinach, romaine, arugula, spring mix, kale, chard or even shredded cabbage.

VEGETABLES: Chop and add what you like depending on season: tomatoes, cucumbers, carrots, bell pepper, celery and radishes;

FRUIT: Sliced strawberries, apple, avocado, pear, orange or grapes; dried fruit, like golden raisins, cranberries or chopped dates.

NUTS & SEEDS: Sliced almonds, sunflower seeds, walnuts, pepitas.

CHEESE: Crumbled feta or goat cheese, shredded cheddar.

LEFT-OVERS: Bacon bits, cooked quinoa, hard-boiled eggs, olives.

CRUNCH: Croutons, tortilla chips, granola (add just before serving or at table, so it doesn't get soggy).

DRESSING: Mix 2 parts oil to 1 part vinegar, add seasonings and flavorful ingredients like garlic, lemon, mustard (or use pre-made).

