

# Super Salads

Load up on veggies with a tasty salad.

Serve a small salad before dinner. Or, add protein to make a quick and tasty weeknight meal. Add ingredients from each column to make a salad for four.

Greens (4 cups)	+	Veggies (1-2 cups total, any combo)	+	Optional Protein (2 cups)	+	Optional Add-Ins (½ cup)	+	Salad Dressing (¼ cup, recipes on page 77)
Leaf lettuce		Raw beets or carrots, peeled and shredded		Canned beans, rinsed and drained		Toasted nuts or seeds, chopped or sliced		Oil and vinegar
Spinach		Broccoli or cauliflower, chopped		Hard-boiled eggs, chopped		Cheese, shredded or crumbled		Honey mustard
Romaine lettuce		Cucumber, chopped or sliced		Roasted chicken, turkey, beef, or pork, shredded or sliced		Cooked barley, brown rice, or whole grain pasta		Citrus dressing
Mixed salad greens		Tomatoes, diced (canned or fresh)		Extra-firm tofu, crumbled and drained		Olives, sliced		Balsamic vinaigrette
		Corn kernels or peas (fresh or frozen, thawed)		Frozen peas or edamame (soy beans), thawed and drained		Orange or grapefruit, cut into segments		Low-fat ranch
		Radishes, sliced				Whole grain croutons		
		Bell pepper, chopped				Dried fruit		

## Try these combos!

### Simple Spinach Salad

Spinach + shredded carrots + hard-boiled eggs + honey mustard dressing

### Winter Salad

Mixed salad greens + shredded beets + grapefruit or orange segments + citrus dressing

### Fast Southwestern Dinner Salad

Romaine lettuce + corn + diced tomatoes + black beans + cooked and chilled brown rice + shredded cheddar + sliced olives + citrus dressing with a pinch of chili powder



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## Dress foods up with homemade salad dressing.

Make salad dressing just the way you like it with a few basic items.

Follow this ratio:

- 2 parts olive or canola oil
- 1 part acid, such as vinegar, lemon or lime juice, or Dijon mustard
- Salt and pepper

### Chef's Notes:

- For a thinner Ranch dressing, use more vinegar. For a thicker Ranch, good for cut-up veggies, use less.
- You can use milk instead of vinegar in the Ranch if you prefer.
- Different ratios of oil to vinegar will change the taste of your vinaigrette and adding ingredients such as honey or mustard may impact the amount of oil needed. Experiment to find the right ratio for your tastes.

Simple Salad Dressing	Honey Mustard	Citrus Dressing	Balsamic Vinaigrette	Creamy Low-Fat Ranch Dressing
3 Tablespoons oil 2 Tablespoons red wine vinegar 1 teaspoon salt ¼ teaspoon pepper	6 Tablespoons mustard ½ Tablespoon fresh lemon juice or cider vinegar 1 ½ Tablespoons honey 1 teaspoon oil Salt and pepper to taste	2 Tablespoons lime, lemon, or orange juice 3-4 Tablespoons oil Salt and pepper to taste	2 Tablespoons balsamic vinegar 1 Tablespoon Dijon mustard 3-4 Tablespoons oil Salt and pepper to taste	1 (6-ounce) container plain nonfat or low-fat yogurt ⅓ cup low-fat mayonnaise 2 Tablespoons white vinegar 1 Tablespoon dried dill ¼ teaspoon garlic powder ⅛ teaspoon salt