

Building a Better Salad



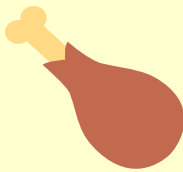
Select your base greens

Not all greens are created equal. The darker the leaf, the more vitamins it contains. Mix and match your greens to get a variety of textures, flavors, and nutrients.



Pick a protein

To keep you full longer and make your salad satisfying, add some protein. Choose lean protein like chicken, salmon, tofu, or eggs.



Add additional vegetables

Make most of your toppings fresh and colorful non-starchy vegetables, such as cucumbers, radishes, peppers, and broccoli.



Make it sweet

A little bit of sweetness from the fruit can brighten up your salad. Go with fresh in-season fruits, or if you are adding dried fruit, be aware of the sugar content. A little goes a long way.



Dress it up

Salad dressing brings it all together. Make your own easily by remembering the golden ratio: 3 part oil to 1 part vinegar. Then add your favorite seasonings like Italian herbs, paprika, or mustard.

