



Hearty Salads

For all Meals and Seasons

Use MyPlate guidelines as a framework for creating a flavorful, eye catching, and balanced meal!

1/2 vegetables + 1/4 whole grains + 1/4 protein

How to Make a Great Salad

1

Create base of veggies and leafy greens

Veggies

bell peppers, tomatoes, cucumbers, green beans, asparagus, carrots, mushrooms, beets

Roasted Veggies

cauliflower, Brussels sprouts, squash, sweet potato

Leafy Greens

spinach, romaine, arugula, cabbage, kale, spring mix

2

Add whole grains and proteins

Cooked Whole Grains

brown rice, farro, bulgur, quinoa

Proteins

eggs, shelled edamame, rinsed canned beans, grilled tofu, cooked lentils, grilled or rotisserie chicken, salmon, shrimp

3

Top with healthy fats and fruits

Healthy Fats

sliced avocado; nuts and seeds: almonds, pistachios, pepitas, pecans, walnuts, peanuts

Fruits

golden raisins, dried cranberries, fresh pomegranate seeds, strawberries, mandarin orange wedges

Tip! **Save time and money** by using leftovers: cooked grains, rotisserie chicken, canned beans, or frozen vegetables.



Dressings 101

Step Up Your Salad Game!

Create depth through temperature variation

1 part acid + **2 parts oil** + **seasoning**

lemon juice
lime juice
citrus fruit juice
vinegar
soy sauce

canola
extra virgin olive
sesame
grapeseed
avocado

herbs
garlic
ginger
mustard
paprika



How To Make

Cold Dressing

1. Combine acid, oil, and seasonings in a mason jar with lid.
2. Shake vigorously for 20 seconds until fully emulsified (oil and acid mixed).
3. Taste and add additional seasonings to balance the flavors as needed.

Hot Dressing

1. Combine acid, oil, seasonings, and cornstarch in a small pot.
2. Heat mixture on medium-high and stir until it begins to boil. Let boil for 1 minute. Take off the heat to thicken.
3. Serve hot over your salad.