

BUILD YOUR OWN Salad

Choose your favorite ingredients and add a sweet or savory dressing to make it your own!

Prep Time: 15 minutes

Total Time: 25 minutes



LEAFY GREENS



8 cups loosely packed lettuce



8 cups loosely packed kale



8 cups loosely packed arugula



8 cups loosely packed spring mix

VEGETABLE



2 cups carrots



2 cups radish



2 cups cucumber



2 cups chickpeas/beans

PROTEIN



12 ounces chicken



12 ounces beans



12 ounces tuna



4 eggs

FRUIT



2 cups blueberries



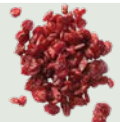
2 cups strawberries



2 cups apples



2 cups oranges



1 cup cranberries

TOPPING & MISC.



1/2 cup reduced fat cheese



1/2 cup seeds or nuts



1/2 cup croutons



2 tablespoons guacamole, salsa, or dressing

Directions:

- Salads can be sweet or savory and can be different cuisines. Before you start building a salad think about the flavors that will work well together to create the taste you are seeking. Light summery, fruity salad? Mexican-themed? or Asian inspired?
- Cook raw protein, including eggs, accordingly, using olive oil (or substitute). Set aside. Remember, salads can be a great way to use leftover, cooked protein foods from another meal.
- Use leafy greens as your base. Then layer protein choices, vegetables, and/or fruit.
- Drizzle dressing and any other toppings on top and enjoy.
- Add a whole grain side, like whole grain bread, if you want.

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