

## ALL ABOUT SALADS!

Pick one ingredient from each row!

### BASE (3 Cups)

Mixed Salad Greens (premade)	Chopped Romain	Arugula	Shredded Red/Napa Cabbage	Thinly Sliced Brussel Sprouts
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### Veggies (1 Cup)

Cucumber, Shredded Carrot, Cherry Tomato	Cucumber, Cherry Tomato, Roasted Red Pepper	Roasted Sweet Potato Cubes & Chopped Granny Smith Apples	**Curry Roasted Cauliflower & Potatoes, Steamed Broccoli Florets
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### Protein (1/2—1 Cup)

Cooked Chopped Chicken Breast Deli Meat (Turkey;Low-	Sodium, Nitrate-Free) **Cumin Roasted Chick Peas	Lentils
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### Healthy Fats (2 T)

Roasted Sunflower Seeds	Crumbled Feta	Shredded Cheddar	Roasted Salted Almonds / Peanuts / Cashews
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### Fun Flavor (2 T)

Red Onion (pickled)	Chopped Fresh Cilantro	Dried Cherries	Sliced Black Olives
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### DRESSINGS (2 T)

Balsamic Vinaigrette	Red Wine Vinaigrette	Apple Cider Vinaigrette	Quick Peanut Sauce	Cool Yogurt Sauce
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### \*\*RECIPES\*\*

#### **Curry Roasted Cauliflower & Potatoes**

Toss ½ C Cauliflower florets and ½ C cubed potatoes w/ 1 t. canola oil, 1 t. curry powder, and ¼ t. sea salt. Roast at 425 degree for 15 min.

#### **Cumin Roasted Chickpeas**

Toss ½ C chickpeas w/ 1 t. olive oil, 1 t. cumin, and ¼ t. salt. Roast at 375 for 10 min.

#### **Red Wine Vinaigrette**

Whisk w/ 1 t. (fresh) oregano.

#### **Apple Cider Vinaigrette**

Whisk w/ 1 t. paprika.

#### **Quick Peanut Sauce**

Whisk 2 T peanut butter w/ 1 t. soy sauce, 1 t. lime juice, ½ t sesame oil, and water to thin (if needed).

#### **Cool Yogurt Sauce**

Whisk 2 T plain low-fat yogurt w/ 1 T lemon juice, 1 t. olive oil, and water to thin (if needed).



## How-To BUILD A SALAD **DRESSING!**

### Oil (1 Tbsp.)

EVOO

Walnut

Hazelnut

Avacado

### Vinegar (1 Tsp.)

Balsamic

Sherry

Apple Cider

Rice Wine

Red Wine

### Sweetness (1/2 Tsp.)

Honey

Lemon Juice

Orange Juice

Maple Syrup

Brown Sugar

### Mustard (1/2 Tsp.)

Dijon

Honey Mustard

Spicy

Grainy

### Herbs (2 pinches)

Oregano

Rosemary

Basil

Dill

Thyme

### Seasonings (1 pinch)

Salt

Pepper

Garlic

Paprika

Chili



## How-To BUILD YOUR OWN HUMMUS!

### Bean/Legume

- Chick peas (1 Can)
- Black Beans (1 Can)
- 1 ¾ Cup Cubed Cooked or Canned Beans
- 1 ¾ Cup Cooked Shelled Edamame

### Oil

- Olive Oil
- EVOO
- Tahini (paste)

### Acid/Sweetener

- Lemon Juice (2 T)
- Lime Juice (2 T)
- Lemon / Lime Zest

### Herbs

- Garlic Cloves!!
- Cilantro
- Basil
- Parsley
- Tarragon
- Dill

### Spices

- Cumin
- Paprika
- Garlic Powder
- Kosher Salt
- Dried Oregano
- Dried Dill

### EXTRAS

- Crumbled Feta (1/2 C)
- 1 Chipotle Pepper (canned)
- 1 Roasted Red Pepper (chopped)
- Prepared Pesto (2 T)
- Avocado
- Sundried Tomatoes (1/4 C)

