

Foolproof Salad Formula

Salads are a refreshing addition to your summer routine and an easy way to increase intake of vegetables but can quickly turn unhealthy with rich ingredients or if missing important food groups. Follow this formula for a flexible, healthy salad every time. Change the ingredients regularly to maximize nutritional benefit.

Tips:

-Add interest to your salads by including something crunchy, something soft, protein, and at least three colors.

-Mix it up: experiment with chopped salads, wedge salads, and grilled greens.

Salad Dressing Formula

1-2 parts vinegar: red wine, white wine, balsamic, rice wine, apple cider, lemon/lime juice...

3 parts oil: extra virgin olive oil

1 tsp herbs: cilantro, dill, basil, oregano, thyme...

1 tsp Dijon mustard to emulsify



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Salad Formula

Makes one dinner salad

1 cup leafy greens

spinach, baby kale, Swiss chard, romaine lettuce, bibb lettuce, mesclun mix, arugula, green cabbage...

1/2 cup crunchy vegetables

cucumber, broccoli, carrots, celery, bell pepper, red cabbage, radish, cauliflower, sprouts...

1/2 cup soft fruit/vegetables

tomato, frozen peas, artichoke, avocado, berries, onions, pickled veggies, roasted veggies...

pick two proteins

steak, chicken, tuna, shrimp, salmon, hard boiled eggs, nuts, seeds, black or garbanzo beans, cheese, marinated tofu...

1/2 cup complex carbohydrate

roasted cubed sweet potato/squash, quinoa, barley, farro, brown rice, whole grain croutons...