

Nourish  
*Your* Life

# SALAD

## *Build it Better*

Salads can have limited nutrition and more calories than a double cheeseburger or pizza. But it doesn't have to be that way! Here's how to create a crave-worthy and nutrient-dense salad.



**Build your base.** Start with a generous amount of dark greens like kale, spinach or arugula.

**Include lean proteins.** Choose proteins like quinoa, tofu, beans, lentils, or seitan. Or salmon, chicken, chopped hard boiled eggs or low fat cheese.

**Add a rainbow of veggies.** Aim for one cup or more per serving, such as a mix of carrots, red or yellow bell peppers, tomato, cooked broccoli or roasted squash.

**Top it off.** Sprinkle a few nuts or seeds, diced avocado, or some cooked bulgur or barley. Then, add your favorite low-fat vinaigrette, toss together and enjoy!



### SO SIMPLE VINAIGRETTE

2 tablespoons vegetable oil (olive or canola)  
4 tablespoons acid (vinegar or lemon juice)  
1/4 teaspoon salt  
1/8 - 1/4 teaspoon black pepper

Add-ins: 1 teaspoon mustard or minced garlic, or 2 tablespoons of chopped fresh herbs (1/4 teaspoon dried herbs)

Whisk all ingredients in a small bowl. Toss together with rest of salad ingredients.  
Makes 3-4 servings.

Source: American Institute for Preventive Medicine