

Mix-&-Match Salad

Select one or more toppings from each category
To turn a side salad into a meal!

Ingredients:

- Salad greens, one or mixed: romaine, arugula, butter leaf, etc.
- Vegetables: diced or shredded carrots, celery, red onion, cabbage, bell pepper, squash, kale, tomato, green beans
- Fruit: diced fresh apple, pear, orange, canned mandarin oranges
- Protein: beans (fresh or canned), hardboiled egg, tuna
- Fats: avocado, sliced and/or toasted nuts, olives
- Starch: cooked quinoa, lentils, rice or whole wheat pasta

Vinaigrette Ingredients:

- ¼ cup vinegar
- ¾ cup olive oil
- 1 clove garlic
- 1 T mustard
- 1 T honey

Method:

- Whisk vinaigrette ingredients in a small bowl. Add salt and pepper to taste. Put into bottle or jar for storage.
- Plate or bowl greens for individuals and each tops their salad with ingredients of choice.
- Drizzle salad with dressing as desired.

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