

Step-by-Step Super Salads



15 min

Prep + Cook Time

Choose ingredients from each column below to make a meal for
4-6 people.

GREENS

choose: 10 ounce bag

- Leaf lettuce
- Spinach
- Romaine lettuce
- Kale
- Mixed salad greens

VEGGIES

choose: 1-2 cups

- Corn kernels, black beans, peas
- Carrots, shredded
- Broccoli or cauliflower florets, chopped
- Cucumber or bell peppers, sliced

SALAD DRESSING

choose one: ¼ cup

- Oil and vinegar
- Honey mustard
- Citrus dressing
- Balsamic vinaigrette
- Low-fat ranch

OPTIONAL PROTEIN

choose one: 2 cups

- Canned beans, rinsed and drained
- Hard boiled eggs, chopped
- Roasted chicken, turkey, beef or pork, shredded or sliced
- Extra firm tofu, crumbled and drained
- Frozen peas or edamame, thawed and drained

ADD-INS

optional: ½ cup

- Nuts, seeds or fruit
- Cheese, shredded
- Cooked pasta
- Whole grain croutons

BASIC RATIO FOR SALAD DRESSING

- 3 parts olive or canola oil
- 2 part acid (vinegar or lemon juice)
- Salt and pepper, garlic or Italian seasoning

SIMPLE DRESSING

- 3 Tablespoons olive oil
- 2 Tablespoons red wine vinegar
- 1 teaspoon salt
- ¼ teaspoon pepper

CREAMY LOW-FAT RANCH DRESSING

- 1 (6 oz) container of plain nonfat/low fat yogurt
- 1/3 cup low-fat mayonnaise
- 2 Tablespoons white vinegar
- 1 Tablespoon dried dill
- ¼ teaspoon garlic powder
- ¼ tsp salt

HONEY MUSTARD

- 6 Tablespoons mustard
- 1 Tablespoon red wine vinegar
- 1 ½ Tablespoons honey
- Salt and pepper to taste
- 1 ½ Tablespoons canola oil

TRY THESE COMBOS!

- **SIMPLE SPINACH SALAD:** Spinach +shredded carrots + hard-boiled eggs + honey mustard dressing
- **FAST SOUTHWESTERN DINNER SALAD:** Romaine lettuce + corn + diced tomatoes + black beans + cooked and chilled brown rice + shredded cheddar cheese + sliced olives + citrus dressing with a pinch of chili powder

CITRUS DRESSING

- 2 Tablespoons lime, lemon or orange juice
- 3-4 Tablespoons oil
- Salt and pepper to taste

BALSAMIC VINAIGRETTE

- 2 Tablespoons balsamic vinegar
- 1 Tablespoon dijon mustard
- 3 Tablespoon oil
- 1 Tablespoon honey
- Salt and pepper to taste



NUTRITION TIP: Homemade salad dressings are quick and easy to make and healthier than store-bought dressings because they are usually lower in sugar and salt (sodium) and are made with healthier oils. Plus, you can't beat the fresh taste of a homemade dressing.