

HOW TO BUILD A NUTRITIOUS SALAD

1. Start with Greens

- Spinach
- Lettuce

2. Add Protein

- Chicken
- Black Beans
- Garbanzo Beans
- Eggs
- Ham

3. Add Vegetables

- Cucumbers
- Tomatoes
- Mushrooms
- Red bell peppers
- Green bell peppers
- Banana peppers
- Carrots
- Onion
- Corn
- Broccoli
- Beets

4. Add Toppings

- Nuts/ Seeds (almond, walnut, pecan, sunflower)
- Cheese (feta, cheddar, bleu,)
- Olives
- Bacon
- Croutons
- Fruit (oranges, berries, raisins, craisins)
- Dressings (ranch, italian, caesar, bleu cheese, french, balsamic, honey mustard)



Food for thought...

For a balanced meal think about grabbing a grain from the hot food line, a bag of popcorn or SunChips, or a bread product. Adding a whole grain to your meal will increase the fiber and help you feel more satisfied!

Salad Options

made by dietetic interns Candice and Cierra

Caesar

Lettuce + Chicken + Croutons + Caesar dressing

*Grab parmesan cheese behind the cash register

** Dietetic intern suggestion: to make it more nutritious, add cucumber and carrots

Southwest

Lettuce + Corn + Black Beans + Tomatoes + Red Bell Pepper +
Red Onion + Ranch dressing

*Ask for hot sauce from the cash register if you want a spice

*Can add chicken for more protein

Mediterranean

Lettuce + Garbanzo Beans + Cucumber + Tomato+ Red Onion +
Olives + Feta + Italian dressing

* Can add chicken for more protein

Nuts About Berries

Spinach + Raspberries + Strawberries + Blueberries + Mandarin
Oranges + Pecans/Almonds + Balsamic Vinaigrette

*For more protein, add chicken or garbanzo beans

Wholesome Vegan Salad

Spinach and/or Lettuce + Garbanzo Beans + Carrots + Mushrooms +
Broccoli + Sunflower Seeds + Balsamic Vinaigrette

OR

Create Your Own Salad!