

## Mix & Match Salad

<i><b>Dressing</b></i>	<i><b>Vegetables</b></i>	<i><b>Sweet &amp; Savory</b></i>	<i><b>Greens</b></i>	<i><b>Protein</b></i>	<i><b>Crunchy Additions</b></i>
<i>1 Tbsp olive oil 1-2 tsp vinegar Add-ins</i>	<i>½-1 cup sliced or diced thinly</i>	<i>½ med. sized fruit 1 Tbsp dried fruit ¼ cup thin sliced veg</i>	<i>1 ½ - 2 cups</i>	<i>1-2 Tbsp cheese 1 egg 3-4 oz protein</i>	<i>1-2 Tbsp</i>
Lemon juice	Avocados	Apple	Romaine	Blue cheese	Almonds
Rice wine vinegar	Bell peppers	Plum	Red/Green leaf lettuce	Feta cheese	Hazelnuts
Balsamic vinegar	Celery	Orange	Iceburg	Goat cheese	Pine nuts
Red wine vinegar	Cucumbers	Pear	Spinach	Parmesan	Pistachios
White wine vinegar	Fennel	Mandarin orange	Boston lettuce	Cheddar	Walnuts
Orange juice	Mushrooms	Berries	Endive	Monterey Jack	Pecans
Lime juice	Red onions	Grapes	Radicchio	Provolone	Sesame seeds
Mustard	Radishes	Dried cranberries	Watercress	Chicken breast	Bacon
Garlic	Scallions	Dried cherries	Arugula	Tuna	Croutons
Scallions	Tomatoes	Raisins	Fresh herbs	Beans	Cheese crisps
Soy sauce	Carrots	Roasted peppers	Coleslaw mix	Black bean burger	Melba toast
Salt & Pepper	Corn	Sun-dried tomatoes	Kale	Turkey burger	Tortilla chips
Sesame Oil		Roasted beets		Pork tenderloin	Wonton chips
Shallots		Artichoke hearts		Ham or salami	
Salad dressing of your choice		Olives		Hard or soft boiled egg	

**Pile the greens on a plate, add other ingredients and toss with a salad dressing.**

**To make a salad-in-a-jar:**

- Mix the vinaigrette and put into the bottom of a 1 quart/1 litre mason jar
- Add the hardier vegetables first, or anything that will soak up the flavor of the vinaigrette
- Add other savory or sweet ingredients and proteins
- Top with greens and crunchy toppings
- If needed, put protein and crunchy toppings in a separate container

## SALAD IDEAS:

### Spring Chicken

Balsamic vinaigrette  
Red Bell Pepper  
Red onion  
Cucumber  
Spring greens  
Diced Chicken  
Feta Cheese  
Candied walnuts

### Southwest Chicken

Ranch dressing  
Red bell peppers  
Tomatoes  
Avocado  
Black beans, seasoned  
Romaine or Cabbage  
Chicken, seasoned  
Shredded Monterey Jack  
Crumbled tortilla chips

### Asian Chicken

Asian dressing  
Shredded carrot  
Bell pepper  
Green onions  
Mandarin oranges  
Greens  
Chicken, marinated in Asian dressing  
Toasted sesame seeds or baked wontons

### Greek Chicken

Balsamic vinaigrette  
Tomatoes  
Cucumber  
Red onion  
Roasted Red Pepper  
Kalamata Olives  
Greens  
Chicken, marinated  
Feta cheese

### Antipasto Salad

Italian vinaigrette  
1 pepperoncini, diced  
Tomato  
Olives  
Garbanzo beans  
Greens  
Pepperoni or Salami  
Provolone cheese

### Korean Beef

Asian dressing  
Green onions  
Shredded Carrot  
Bell pepper  
Mandarin oranges  
Greens  
Korean beef  
Toasted sesame seeds/wonton chips

### Corn & Black Bean

Lime vinaigrette with cilantro  
Grape tomatoes  
Red bell pepper  
Black beans, seasoned  
Corn  
Greens  
Monterey Jack cheese  
Crushed nachos

### Nicoise

Dijon vinaigrette  
Tomato  
Olives  
Red potatoes  
Green beans  
Tuna  
Romaine  
Hard-boiled egg

### Southwest Pork

Lime vinaigrette  
Corn  
Mango  
Red onion  
Greens  
Pulled pork

### Chef's Salad

Vinaigrette or Blue Cheese Dressing  
Tomatoes  
Olives  
Greens  
Chicken or Ham  
Swiss or Cheddar cheese  
Hard-boiled egg

### Cobb Salad

Red wine vinaigrette  
Tomato  
Avocado  
Greens  
Blue cheese  
Chicken  
Bacon  
Hard-boiled egg

### Chopped Salad

Vinaigrette  
Celery  
Carrots  
Cucumber  
Bell pepper  
Romaine  
Ham or Chicken

### Asian Chopped Salad

Asian vinaigrette  
Carrots  
Scallions  
Snow or snap peas  
Cabbage  
Chicken

### Mexican Chopped Salad

Vinaigrette  
Jicama  
Tomato  
Avocado  
Bell pepper  
Romaine  
Chicken  
Crushed tortilla chips