

5-STEP FORMULA FOR

Satisfying Salads

STEP 1: Go for greens.

TIP: Mix different greens to get a variety of flavors and textures.

- Arugula
- Baby kale
- Leaf lettuce
- Mixed greens
- Spinach

STEP 2: Add three more colors.

TIP: Wash and chop your veggies ahead of time, or use pre-cut options from the store. The more colors, the better!

- Apples
- Beets
- Bell peppers
- Berries
- Carrots
- Cucumber
- Jicama
- Mushrooms
- Radishes
- Red cabbage
- Tomatoes

STEP 3: Pump up the protein.

TIP: Use leftover protein from last night's dinner, or a rotisserie chicken from the deli.

- Black beans
- Chicken breast
- Cottage cheese
- Garbanzo beans
- Hard boiled eggs
- Salmon
- Steak
- Tofu
- Tuna

STEP 4: Top with texture & flavor!

TIP: Textures and crunch prevent a boring salad. Try different combos to keep it interesting and delicious.

- Avocado
- Chopped nuts
- Olives
- Shredded cheese
- Sunflower seeds
- Fresh herbs

STEP 5: Dress to impress.

TIP: Most store-bought dressings are filled with sugar, sodium, and preservatives. Make your own simple dressing.

- [2-Minute Creamy Dressing](#)
- [Balsamic Vinaigrette](#)
- [Honey Mustard Vinaigrette](#)
- [Quick Ranch Dressing](#)



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