

[Non-Recipe] Recipe: Hearty Autumn Salad



Photo by [Klara Avsenik](#) on [Unsplash](#)

1. Greens

Pick a salad green or try a combination. Use about 1 to 2 cups salad greens per person.

Arugula
Romaine

Green Leaf Lettuce
Spinach

Kale
Spring Mix

2. Roasted Veggie

Take the time to roast your veggies for added flavor. Use about ¼ to ½ cup roasted vegetables per person.

Acorn Squash
Butternut Squash

Beets
Parsnips

Brussels Sprouts
Sweet Potatoes

3. Fall Fruit

Choose a fruit for a hint of sweetness. Use about ¼ to ½ cup thinly sliced fruit per person.

Apples
Pears

Figs
Persimmons

Oranges
Pomegranate arils

4. Crunch

Sprinkle on some nuts or seeds for a crunch factor. Use about 1 to 2 tablespoons nuts or seeds per person.

Almonds
Pumpkin Seeds

Pecans
Sunflower Seeds

Pistachios
Walnuts

5. Cheese

Don't forget a little bit of cheese! Use about ¼ to ½ oz crumbled cheese per person.

Bleu
Goat

Cheddar
Havarti

Feta
Non-Dairy Option

6. Dressing – Simple Vinaigrette

Shake the following ingredients in a jar until combined. It will keep in the refrigerator for up to 5 days.

- ¼ cup extra-virgin olive oil
- ¼ cup vinegar (apple cider, balsamic, red wine) or lemon juice
- ½ teaspoon salt
- ¼ teaspoon black pepper
- *Optional extras (choose 1 or 2): 1 minced garlic clove; 1 teaspoon grainy mustard; 2 tablespoons minced herbs; 1 teaspoon honey*

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