







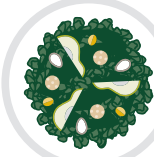



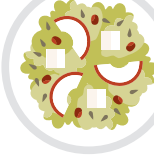






12 SIMPLE SALADS FOR FALL







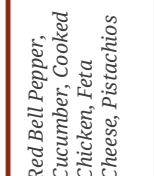
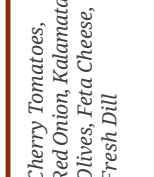






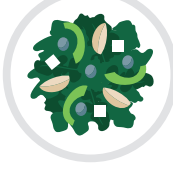





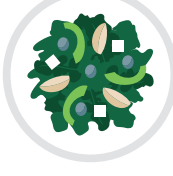
Fall fruits and vegetables are heartier than summer produce, so they can be roasted and caramelized for healthy, flavorful salads that will keep you warm all season long.

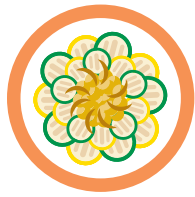
SALAD KEY		SPICED VINAIGRETTE		CITRUS VINAIGRETTE		LEMON YOGURT DRESSING		ASIAN VINAIGRETTE		BASIC VINAIGRETTE	
 DRESSING		 BASE		 INGREDIENTS							
1		Balsamic Vinaigrette	Mixed Greens	Pear, Gorgonzola, Walnuts							
2		Balsamic Vinaigrette	Baby Spinach	Clementines, Apple, Pecans							
3		Balsamic Vinaigrette	Arugula	Roasted Beets, Cooked Lentils, Goat Cheese, Walnuts							
4		Balsamic Vinaigrette	Baby Spinach	Roasted Butternut Squash, Apple, Walnuts							
5		Balsamic - Apple Cider Vinaigrette	Kale	Roasted Root Vegetables (Turnips, Kohlrabi, Parsnips, Rutabaga), Cooked Lentils, Goat Cheese							
6		Balsamic - Apple Cider Vinaigrette	Kale	Pear, Golden Raisins, Almonds, Croutons							
7		Sherry Vinaigrette	Mixed Greens	Roasted Delicata Squash, Figs, Prosciutto							
8		Red Wine Vinaigrette	Baby Spinach	Dried Cherries, Red Onions, Pumpkin Seeds							
9		Red Wine Vinaigrette	Mixed Greens	Apple, Radishes, Pecans							
10		Asian Vinaigrette	Butter Lettuce	Roasted Tofu, Apple, Dried Cranberries, Sunflower Seeds							
11		Lemon Yogurt Dressing	Endive	Apple, Green Grapes, Chopped Pecans							
12		Spiced Vinaigrette	Romaine Lettuce	Mushrooms, Green Olives, Tomatoes, Avocado, Cilantro							



11 SIMPLE SALADS FOR SPRING

With spring time comes fresh vegetables from the market, and the best way to experience their flavors is to keep these salads light and simple.

SALAD KEY		1	2	3	
DRESSING					
BASE					
INGREDIENTS					
BASIC VINAIGRETTE	<ul style="list-style-type: none"> 1 ½ tsp vinegar (balsamic, apple cider, sherry, red wine) 2 tsp Dijon mustard 2 tsp sweetener (jam, sugar, honey, maple syrup) 2 tsp oil (cooking, avocado, grapeseed, olive) 	ASIAN VINAIGRETTE	LEMON YOGURT DRESSING	CITRUS VINAIGRETTE	SPICED VINAIGRETTE
<ul style="list-style-type: none"> 1 clove garlic, crushed 2 ¼ tsp soy sauce 2 ¼ tsp rice vinegar ½ tsp brown sugar ½ tsp toasted sesame oil 2 ½ tsp oil 	<ul style="list-style-type: none"> 1 clove garlic, crushed 2 tsp lemon juice 1 tsp Dijon mustard 2 tsp yogurt 2 tsp oil 	<ul style="list-style-type: none"> ¼ bulb shallot, minced 2 tsp citrus juice (orange, lemon, lime, grapefruit) 1 tsp red wine vinegar 1 tsp Dijon mustard 1 tsp honey 2 tsp oil 	<ul style="list-style-type: none"> ½ tsp spices (paprika, cumin, coriander) 2 tsp red wine vinegar 2 tsp Dijon mustard 1 tsp honey 2 tsp oil 	<ul style="list-style-type: none"> 2 tsp Dijon mustard 1 tsp honey 2 tsp oil 	<ul style="list-style-type: none"> Salt and pepper
4	5	6	7	8	9
					
<ul style="list-style-type: none"> Red Wine Vinaigrette Mixed Greens Tomatoes, Cucumbers, Croutons 	<ul style="list-style-type: none"> Asian Vinaigrette Green Leaf Lettuce Jicama, Shredded Carrot, Cherry Tomatoes, Cilantro 	<ul style="list-style-type: none"> Asian Vinaigrette Romaine Lettuce Shredded Carrot, Bell Pepper, Bean Sprouts, Fresh Mint Leaves, Peanuts 	<ul style="list-style-type: none"> Asian Vinaigrette Kale, Shredded Cabbage Shredded Carrot, Red Bell Pepper, Peas, Green Onions 	<ul style="list-style-type: none"> Lemon Yogurt Dressing Romaine Lettuce Sliced Turkey, Avocado, Tomato, Bacon, Hard-Boiled Eggs, Bleu Cheese 	<ul style="list-style-type: none"> Orange Vinaigrette Mixed Greens Rotisserie Chicken, Blueberries, Avocado, Feta Cheese
11	10	11	11	11	11
					
<ul style="list-style-type: none"> Spiced Vinaigrette Sautéed Vegetables (Asparagus, Sugar Snap Peas) Black Beans, Avocado, Shredded Mexican Cheese, Cilantro 	<ul style="list-style-type: none"> Spiced Vinaigrette Roasted Cauliflower Garlic, White Beans, Green Olives, Lemon Zest 	<ul style="list-style-type: none"> Spiced Vinaigrette Mixed Greens Rotisserie Chicken, Blueberries, Avocado, Feta Cheese 	<ul style="list-style-type: none"> Spiced Vinaigrette Mixed Greens Rotisserie Chicken, Blueberries, Avocado, Feta Cheese 	<ul style="list-style-type: none"> Spiced Vinaigrette Mixed Greens Rotisserie Chicken, Blueberries, Avocado, Feta Cheese 	<ul style="list-style-type: none"> Spiced Vinaigrette Mixed Greens Rotisserie Chicken, Blueberries, Avocado, Feta Cheese



13 SIMPLE SALADS FOR SUMMER

Summertime meals call for quick cooking and meals that are refreshing yet hearty. Take advantage of the summer bounty and serve these salads with grilled meats or as the main course.

SALAD KEY		1		2		3		4	
DRESSING		Balsamic Vinaigrette		Balsamic Vinaigrette		Balsamic Vinaigrette		Sherry Vinaigrette	
BASE		Arugula		Mixed Greens		Arugula		Mixed Greens	
INGREDIENTS		Tomatoes, Fresh Mozzarella, Fresh Basil		Blueberries, Gorgonzola Cheese, Walnuts		Strawberries, Fennel, Almonds		Peach, Corn, Cooked Farro, Goat Cheese, Fresh Basil, Almonds	
BASIC VINAIGRETTE	1 ½ tsp vinegar (balsamic, apple cider, sherry, red wine) 2 tsp Dijon mustard	ASIAN VINAIGRETTE	1 clove garlic, crushed 2 ¼ tsp soy sauce 2 ¼ tsp rice vinegar ½ tsp brown sugar ½ tsp toasted sesame oil 2 ½ tsp oil	LEMON YOGURT DRESSING	1 clove garlic, crushed 2 tsp lemon juice 1 tsp Dijon mustard 2 tsp yogurt 2 tsp oil Salt and pepper	CITRUS VINAIGRETTE	¼ bulb shallot, minced 2 tsp citrus juice (orange, lemon, lime, grapefruit) 1 tsp red wine vinegar 1 tsp Dijon mustard 1 tsp honey 3 tsp oil Salt and pepper	SPICED VINAIGRETTE	½ tsp spices (paprika, cumin, coriander) 2 tsp red wine vinegar 2 tsp Dijon mustard 1 tsp honey 2 tsp oil Salt and pepper
5		6		7		8		9	
10		11		12		13			