

How to Spruce Up Your Salad

FRESH FRUIT

Grapes, berries, sliced or diced apples, pears, peaches, nectarines, kiwi, mango, tangerines, oranges, grapefruit, and clementines

DRIED FRUIT

Apricots, raisins, currants, cherries, figs, and dates

COOKED AND COOLED VEGETABLES

Green beans, peas, asparagus, corn, cauliflower, and broccoli

FRESH HERBS

Cilantro, basil, parsley, dill, chives, or mint

COOKED, COOLED, AND SLICED POTATOES

TOMATOES

Any kind: cherry, beefsteak, plum, yellow

RAW VEGETABLES

Sliced or diced cucumbers, mushrooms, carrots, bell peppers, jicama, radishes, celery, and fennel

GRATED RAW CARROTS OR BEETS

SPROUTS

Especially nice peppery ones like broccoli or radish sprouts

PICKLED BEETS

ROASTED PEPPERS

OLIVES

Black or green

THINLY SLICED ONIONS

Especially sweet ones like Bermuda, Walla Walla, or Vidalia

CHEESES

Almost any crumbled or grated, including feta, Parmesan, cheddar, blue, Brie, and goat

PROTEIN

Marinated chicken, beef, fish, shrimp, or tofu

COOKED BEANS

Black, white, garbanzo, red kidney, and pinto

TOASTED NUTS OR SEEDS

