

# Build the Perfect Salad

## Pick a green



Kale



Arugula



Bok Choy



Swiss Chard



Spinach

## Something crunchy



Carrots



Radishes



Spring Onions



Snap Peas



Peppers

## Add some herbs



Basil



Parsley



Dill



Cilantro



Chives

## Something Sweet



Sweet Potatoes



Corn



Tomatoes



Apples



Winter Squash

## Something Hearty



Beans



Grains



Nuts/Seeds



Tofu



Potatoes

## Add a dressing



Soy Sauce



Vinegar



Lemon Juice



Mustards



Salsa