

# All About Salads



## Base

The base of a salad can be numerous foods. It can be noodles, lettuce, coleslaw mix, spinach, and many more! This is a place to be creative and will take up a large volume of your salad. Health professionals recommend eating about 1 cup of vegetables, raw or cooked, or 2 cups of raw leafy salad greens a day (MyPlate).



## Vegetables & Fruit

Vegetables and fruit add flavor and nutrients to your salad! For a variety of vegetable types, focus on having different colors, like dark green, orange, and red! Examples of vegetables for your salad include cucumber, bell peppers, carrots, tomatoes, cilantro, corn, and much more!

Some fruit you can add to your salad are blueberries, apples, strawberries, mangoes, grapes, kiwi, and more! It is recommended to eat about 1 cup of fruit or 1/2 cup of dried fruit a day (MyPlate).



## Protein

Protein not only aid in the growth and maintenance of muscles, they also keep you full and satisfied for a longer period of time. Proteins can come from both plant and animal sources. For example, boiled eggs, chicken, lean red meats, edamame, baked fish, beans/chickpeas, cheese, nuts or seeds, as well as others.



## Carbohydrates

Carbohydrates provide the body and brain with its main source of energy, and like protein help with fullness and satisfaction. They also add a variety of tastes and textures. Some examples include whole grains, like quinoa and brown rice, starchy veggies, like potatoes and squash, corn, fresh or dried fruit, pasta, crackers or chips, along with many others



## Fats & Dressing

Fats are an important part to absorption where it helps vitamins to be better absorbed in our bodies. It is recommended that fat should be about 35% of your daily calories. The dressing contains olive oil which can help reduce the bad cholesterols (LDL) in your body.





# Recipes



## Hint of Lime Salad

Time: 20 min    Yield: 8 Servings    Serving Size: 9-10 oz

### Ingredients:

- 1 large rosette romaine lettuce, shredded thin
- 1 ½ - 2 lbs chicken breast, cooked and diced
- 3 whole Roma tomatoes, diced
- ½ c. grated cheese, of your choice
- 1 can corn, or 1 c, frozen corn
- 2 avocados, diced
- 3 green onions, sliced
- ½ c. cilantro leaves
- hint of lime tortilla chips, crushed
- your choice of dressing
- 2 Tbsp lime juice



### Instructions:

- Cut and dice up all the ingredients and set them aside.
- To assemble, pile shredded lettuce, chicken, tomatoes, cheese, corn, avocado, green onion, cilantro, and crushed chips in a large mixing bowl.
- Drizzle the dressing and lime juice all over the top.

## Quick & Easy George Foreman Grilled Chicken

Prep Time: 5 minutes    Cook Time: 3-6 minutes    Yield: 5-6 servings  
Serving Size: 3-4 oz

### Ingredients:

- 2 boneless skinless chicken breasts, ½” thick
- 1 tsp olive oil
- salt and pepper to taste

### Instructions:

- Preheat your electric grill for at least 5 minutes with the lid closed.
- Pound chicken breast with meat mallet, or other heavy durable object, to ½” thickness and lightly coat with olive oil.
- Sprinkle on salt and pepper and place on the grill. Close the lid and let grill for 3-6 minutes. Start to check for doneness after 3 minutes. Internal temperature should be 165 °F.

## Delicious Massaged Kale Salad

The Wooden Skillet, by Erin

Time: 30 min    Yield: 2 servings    Serving Size: 3 cups

### Ingredients:

- 1 sweet potato, cubed
- salt
- avocado oil
- 3 cups fresh kale, removed from stem and roughly chopped
- lemon juice
- 1 apple, cubed
- 1 avocado, cubed
- 1 cup blueberries
- 1 tablespoons red onion, diced
- ½ cup slivered almonds

### Instructions:

- Preheat oven to 415 F°.
- Place sweet potatoes on a parchment-lined baking sheet. Drizzle with avocado oil and sprinkle with salt.
- Place in oven, middle rack, for 15-20 minutes or until soft.
- Take two large salad bowls and add 1 1/2 cups of kale to each.
- Drizzle with avocado oil, a splash of fresh lemon juice and sprinkle with salt. Use hands to massage oil into kale.
- Add apple, avocado, blueberries, slivered almonds and roasted sweet potatoes.
- Drizzle with creamy balsamic dressing and serve immediately!

## Creamy Balsamic Dressing

### Ingredients:

- 2 Tablespoons balsamic vinegar
- 2 Tablespoons Califia Farms Unsweetened Almondmilk (or Califia Farms BetterHalf Unsweetened Creamer)

### Instructions:

- Combine ingredients in a small bowl and whisk to combine.



# Italian Pasta Salad

Time: 25 minutes    Yield: 4 servings    Serving Size: 2 cups

## Ingredients:

- ½ lb. pasta, uncooked
- 3 oz. salami (about 80 grams)
- 1 + ½ cup grape tomatoes (1 pint), halved
- ½ green bell pepper, chopped
- ½ red bell pepper, chopped
- ¼ cup red onion, chopped
- ½ cup kalamata black olives, halved
- 4 oz. bocconcini mozzarella balls, halved
- 1 + ½ tablespoons fresh parsley, finely chopped
- parmesan

## Instructions:

- Bring a medium pot of salted water to a boil. Add pasta and cook until al dente, for about 8-10 minutes. Drain and rinse pasta under cold water.
- Transfer the pasta to a large mixing bowl or serving bowl. If not assembling the salad immediately, add some olive oil and toss together to prevent the pasta from sticking together. Otherwise, add remaining ingredients. Pour Italian salad dressing on top, and toss to combine.
- Serve with Parmesan on top, or cover the bowl tightly with plastic cling wrap and refrigerate for at least 2 hours. This will allow all the flavors to infuse into each other. When ready, toss the salad and serve!



# Homemade Italian Dressing

Prep Time: 5 minutes

Yield: 16 servings

Serving Size 1 Tbsp

## Ingredients:

- ¾ cup olive oil
- 2 tablespoons white wine vinegar
- 1 tablespoon lemon juice
- 2 cloves garlic, pressed or shredded
- 1 tablespoon fresh parsley, finely chopped
- 1 tablespoon Italian seasoning
- ½ teaspoon salt (or to taste)
- ½ teaspoon ground black pepper (or to taste)

## Instructions:

- Add all ingredients into a mason jar and seal it with the lid. Shake until well combined. You can also transfer all ingredients into a blender or food processor and pulse until blended.
- Use immediately or store in the refrigerator for up to 2 weeks. Shake or stir well before using to prevent separation.

