

Garden Salad

If you are used to a grade said contains lettuce, amber, tomatoes and sweet peppers, you may feel like salad is pointless now that you are on this new life change. However, there is a vast array of wonderful salad vegetables that you can still enjoy, yielding endless variations. Dozens of different leafy greens can be used alone or in combination for the base of your salad. Similarly, dozens of different vegetables can be added for color, flavor, and texture. Vegetables can be added raw or cooked and chilled (a great use for leftovers roasted or grilled vegetables).

This is more of a collection of ideas than an actual recipe, including leafy greens, vegetable and fruit additions, items to add a little fat or protein, herbs that work well in salads, and times to give a little extra crunch. Keep in mind that many of the listed suggestions encompass dozens of varieties. For example, there are many, many varieties of lettuce, kale, spinach, radishes, and turnips, all of which are delicious in salads.

Garden Salad

Leafy Greens	Salad Veggie Extras
Arugula	Asparagus (raw, broiled, grilled)
Baby collards	Beets (raw, roasted, steamed)
Beet greens	Broccoli florets (raw, steamed)
Broccoli leaves	Broccoli slaw
Cabbage	Carrots (sliced, shredded)
Carrot greens	Celery root
Celery leaves	Cucumber
Chard	Fennel (leaves, root)
Kale	Jicama
Kohlrabi greens	Kelp noodles
Lettuce	Kohlrabi
Mizuna	Microgreens
Mustard Greens	Onions (gree, red, spring, shallots, etc.)
Pea leaves	Radish spouts
Radicchio	Radishes
Radish tops	Sea vegetables
Sorrel	Seaweed
Spinach	Sunflower sprouts
Turnip greens	Turnips
Watercress	Zucchini and other squash

Prep Time	Cook Time	Yield
5-10 Minutes	usually none	variable

Salad Herb Extra	Salad Fruit Extras
Basil	Apple
Chervil	Apricot
Chives	Asian pear
Cilantro	Berries
Dill	Citrus segments
Fennel	fresh figs
Mint	Pear
Oregano	Pomegranate seeds
Parsley	
Tarragon	

Salad Fat and Protein	Extra Crunch
Avocado	Crunchy Veggies (kicama, celery root, radishes, turnips, etc.)
Fish (salmon, tuna, wild caught)	Crunchy fruit (apple, asian pear)
Olives	Toasted coconut
Meat or poultry	Plantain Chips
Toasted Coconut	

Instructions

1. Combine your favorites from the lists below, select a Salad Dressing and Enjoy!