



## EAT WELL, CARE WELL. HOW TO BUILD A HEALTHY SALAD

There are many components to a healthy and delicious salad. Let's begin with the obvious one, greens! Greens don't have to be lettuce, think of dark leafy greens like arugula, spinach, and kale. These are rich in vitamins A, C, E and K. You can also add fresh herbs, cabbage and radicchio. Grains are another component of a healthy salad, these help to keep you full and satisfied after your meal. Try something different and add quinoa, wild rice or buckwheat. The next component is protein and while some grains offer a good amount of protein, it doesn't hurt to add more. When we think of protein, we often think of meat like chicken or turkey but you can also add chickpeas, eggs or beans. Proteins can help you to feel satisfied for even longer. Next, add some fruits and veggies. Try to add a rainbow of colors for the best flavor and a variety of nutrients. Last but not least, dressing! Consider making your own dressing with some oil, vinegar and some fresh herbs. Homemade dressing only takes a few minutes to make and tastes much better than store bought. Try the recipes below to complete your delicious healthful salad.

### WEEKLY CHALLENGES

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CREATE A SALAD WITH  
ALL OF THE  
COMPONENTS

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TRY ONE OF THE  
RECIPES PROVIDED

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ADD SOMETHING NEW  
TO YOUR SALAD LIKE  
QUINOA OR CHICKPEAS

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ADD SOMETHING  
EXTRA TO YOUR SALAD  
LIKE CHEESE OR  
CRUNCH (NUTS, PITA  
CHIPS, SUNFLOWER  
SEEDS ETC.)

### DID YOU KNOW?

LETTUCE IS THE  
SECOND MOST  
POPULAR VEGETABLE  
IN THE UNITED STATES.  
WHAT'S THE FIRST?  
POTATOES.

# PERFECT BALSAMIC VINAIGRETTE

These recipes are brought to you from <https://greatist.com/health/healthier-salad-infographic>. Each recipe makes enough dressing for 2 salads. Refrigerate after preparing if there is leftover.

## INGREDIENTS:

- 4 tablespoons Balsamic Vinegar
- 8 tablespoons Olive Oil
- 2 tablespoons Dijon Mustard
- Pinch salt and pepper

## DIRECTIONS:

1. Combine ingredients, shake well.



# CREAMY HONEY MUSTARD DRESSING

## INGREDIENTS:

- ¼ cup plain Greek yogurt
- 1 tablespoon mustard (yellow or Dijon)
- 2 teaspoons honey
- ½ tablespoon lemon juice
- Water, to thin (if necessary)

## DIRECTIONS:

1. Combine ingredients, shake well.



# HEALTHIFIED RANCH

## INGREDIENTS:

- ¼ cup plain Greek yogurt
- ½ teaspoon dried dill
- Pinch salt and pepper
- 1 very small clove garlic (or ½ of a larger one) finely minced
- 1 tablespoon parmesan
- 3 tablespoons olive oil

## DIRECTIONS:

1. Combine ingredients, shake well.

