

Tips and Tricks for Green Salads

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Green salads are a good source of vitamins and minerals, antioxidants, and fiber. They are low in calories and can be a good source of protein.

Tip: Prepare a large bowl of chopped greens and vegetables, make enough to last for 2 to 3 meals at least. Then salad is ready to serve when you are hungry.

Tip: There are many choices in lettuce and other greens that you can buy already prepared to save the time of washing and chopping. For variation consider using other greens such as spinach, kale, etc

Add chopped vegetables to the bowl: radishes, carrots, celery, onion, beets (cooked or fresh, chopped or shredded), fennel, cabbage, radicchio, bell pepper, olives, sprouts, mushrooms, etc

If you like a bit of sweetness, add a few raisins, cranberries, chopped apple, Asian pear, pomegranate, blueberries.

Include cooked beans or edamame to increase the protein in the salad.

It is best to add tomato and avocado on the day you plan to eat a serving of the salad.

Tip: Add additional protein when you are ready to eat. Possibilities: chopped meat or chicken, canned fish (tuna, salmon,) hard-boiled egg, tofu, seeds and nuts such as sunflower seeds, chopped almonds or walnuts, hemp or chia seeds, shredded cheese such as Parmesan, etc

Tip: When you are ready to eat, add salad dressing sparingly because it adds calories and salt. Rather than purchasing prepared dressing, consider adding a little salt and pepper to your serving bowl and drizzle on a little oil and balsamic vinegar.

Simple salad dressing: ½ cup olive oil, 2 tablespoons lemon juice, 2 teaspoons Dijon mustard, 1 crushed clove of garlic, salt and pepper. Mix well.