

HOW TO MAKE AN EPIC SALAD!

GREENS

spinach
red/green leaf
lettuce
romaine
kale, all types
spring mix
arugula
frisee
cilantro, basil,
parsley

HEFT (warm or cold)

lentils (brown, green)
quinoa
couscous
rice (basmati, brown)
black beans
chickpeas
white beans
red beans
roasted sweet potatoes
baked tofu
crispy potatoes
steamed baby potatoes

CRUNCHY

crispy chickpeas
crispy lentils
crispy quinoa
croutons
almonds
pistachio
walnuts
pumpkin seeds
tortilla strips
sunflower seeds

VEGGIES / FRUIT

avocado
carrots, all colors
radishes
cucumber
bell peppers
tomatoes
peas, edamame
corn
berries
apples
sweet potato
red onion
celery
cabbage (slaw mix)
broccoli (cooked or raw)
cauliflower (cooked or raw)
beets (raw, cooked, pickled)
Brussels sprouts (raw or cooked)

TOPPERS

ground flax
chia seeds
hemp hearts
sunflower seeds
microgreens
sprouts
pickled onions
dried cranberries
crispy capers
dairy-free cheese

SALAD DRESSING

lemon vinaigrette
coleslaw dressing
Caesar dressing
miso sesame
white balsamic dressing
Italian dressing
spicy Thai dressing
pomegranate balsamic
honey mustard
southwest dressing
sesame ginger dressing

BEST SALADS

Crunchy Harvest Salad
Thai Crunch Salad
Asian Cabbage Salad
Quinoa Chickpea Salad
Broccoli Crunch Salad

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