



Make Your Salad a Celebration!

- The salad can be the most beautiful part of your meal. It takes time to cut up fresh fruits and vegetables to accompany the green leaves but when you do, your salad will be more appealing to both your eyes and your stomach!
- Lettuce leaves should be washed with fresh cold water. If the leaves taste a little bitter, let them soak in the cold water for 5 – 10 minutes before draining and spinning dry.
- Leafy greens are high in vitamin K which is important for building strong bones.
- Try dressing just the green leaves with extra virgin olive oil and a dash of vinegar or make a light dressing like the recipe below. Use just enough dressing so the greens look “shiny” – freshly picked greens are very flavorful and too much dressing wilts the greens.
- Mound the greens in the middle and place fruits and vegetables around them.
- Botanically, tomatoes and cucumbers are fruits – but they are low sugar fruits! Slice them very thinly and put them in a circle around your greens.
- You can add some very thinly sliced root vegetables like carrot or beet by grating them on a box grater or use a potato peeler to peel clean slices after peeling and discarding the outermost skin.
- Add cooked fresh corn, sliced avocado, or olives for extra flavor, texture and nutrition.
- In the spring, fresh berries like strawberries are a delicious addition. In the summer, try watermelon slices, peaches or plums. In the fall, slice apples and pears – slice them last and squirt a little lemon juice on them to keep them from turning brown. During the winter and early spring citrus fruits, like grapefruit and oranges, are delicious.



Lemon-Mustard Vinaigrette

Ingredients:

2 tablespoons freshly squeezed lemon juice
½ teaspoon prepared Dijon mustard (e.g. Grey Poupon)
¼ teaspoon sea salt
4 tablespoons extra virgin olive oil
Optional: 1 teaspoon of honey or real maple syrup to add sweetness

Directions:

Combine all ingredients in a small jar with a tight fitting lid. Shake vigorously for 30 seconds.

Makes enough for a large salad.