

Well-Rounded Salad Template



Ingredients:

1 head of any lettuce, the darker, the better

2 cups of a cruciferous vegetable (cabbage, kale, broccoli, cauliflower, radish, etc.)

1 cup each of colorful vegetables (red, orange, yellow, purple, green)

1 cup allium vegetable (onion, leek, shallots, etc)

1 cup cooked whole grain (quinoa, buckwheat, brown rice)

1 cup beans (cannellini, pinto, black, kidney, etc)

½ -1 cup sautéed mushrooms (button, cremini, shiitake, etc)

½ cup chopped nuts or seeds (almonds, walnuts, cashews, sunflower seeds, etc)

1 cup chopped fresh herbs (parsley, dill, mint, cilantro, etc)

Fermented or marinated fruit/vegetable (olives, pepperoncini's, dilly carrots, pickled beets, marinated artichoke hearts, kimchi, sauerkraut, etc)

Optional:

add edible flowers (nasturtiums, borage, etc)

Directions:

Chop vegetables, add ingredients to dish and toss. Fermented items can be on the side if needed.