

Sensational Salads

Taco (inspired) salad:

1-2 cups spinach
1-2 cups baby kale
Chopped green onions
1 handful of cherry tomatoes
½ an avocado sliced
1 cup beans in rice cooked with taco seasoning
1-2 handfuls crushed tortilla chips
1-2 tablespoons of creamy dressing
(Try mixing dry ranch seasoning with plain Greek yogurt)

Rocket salad: (aka arugula in the US)

2 cups arugula
¼ cup roughly chopped cilantro
1 teaspoon fresh lemon juice
1 teaspoon olive oil
1 tablespoon balsamic vinegar
1 teaspoon red pepper flakes
1 pinch ground black pepper
¼ cup shaved Parmesan cheese

Roquefort pear salad:

2-3 handful of dark leafy greens
1-2 chopped pears
1-2 tablespoons Roquefort or other blue cheese crumbles
½ cup chopped walnuts or pecans
1 teaspoon extra-virgin olive oil
1 tablespoons balsamic vinegar



1905 Salad:

½ head iceberg lettuce, shredded
2 ripe tomatoes, cut into eighths
½ cup sliced Swiss cheese, cut into julienne strips
½ cup sliced ham, cut into julienne strips
¼ cup green Spanish olives, pitted
2 teaspoons freshly grated Romano cheese

1905 Dressing:

⅛ cup white wine vinegar
½ cup extra-virgin Spanish olive oil
4 garlic cloves, minced
1 teaspoon Worcestershire sauce
salt & pepper to taste
1 teaspoon dried oregano
2 teaspoons fresh lemon juice



Salad toppers:

Nuts/ seeds	Dried cranberries
Hardboiled eggs	Berries
Grilled chicken	Wonton noodles
Shredded cheese	Fried onions
Beans	Fresh herbs
Olives	Artichokes
Sprouts	Pepperoncinis
	Rice crackers