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
1/4 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
1/4 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:
1/2 head iceberg lettuce, shredded
2 ripe tomatoes, cut into eighths
1/2 cup sliced Swiss cheese, cut into julienne strips
1/2 cup sliced ham, cut into julienne strips
1/4 cup green Spanish olives, pitted
2 teaspoons freshly grated Romano cheese

1905 Dressing:
1/8 cup white wine vinegar
1/2 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
Hardboiled eggs
Grilled chicken
Shredded cheese
Beans
Olives
Sprouts
Dried cranberries
Berries
Wonton noodles
Fried onions
Fresh herbs
Artichokes
Pepperoncinis
Rice crackers