

The 1 Formula You Need to Make a Healthy Salad

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Up your salad game with this step-by-step formula. You don't need a recipe to make a salad, just a basic formula. This formula helps you mix filling protein, satisfying whole grains and lots of low-calorie vegetables so your salad fills you up.

Mix and match the categories using the amounts shown so you don't get bored with your salads. Plan ahead and prep and use what's on hand in the fridge.

The best healthy salad formula

Use this as your base "recipe" to make sure you get a satisfying mix of greens and toppings without going overboard on calories or carbs.

- Salad greens: 3 cups
- Other produce: 1/2 cup non-starchy cooked or raw vegetables
- Grains or starch: 1/2 cup
- Lean protein: 3 oz.
- Cheese: 1/2 oz.
- Garnish: 1/2 oz.
- Dressing: 2 Tbsp.

Salad Greens

Escarole, Baby kale, Bibb lettuce, Red leaf lettuce, Romaine, Baby spinach, Spring mix

Other Produce = 1/2 cup, non-starchy, cooked or raw

Bell peppers, Carrots, Cucumbers, Green beans, Mushrooms, Radishes, Snap peas, Tomatoes

Grains or Starch = 1/2 cup

Bulgur, Whole-wheat couscous, Farro, Baby potatoes, Quinoa, Winter squash, Sweet potatoes, Rice

Lean Protein = 3 oz.

Chicken breast, Chickpeas, Hard-boiled eggs, Pork tenderloin, Shrimp, Salmon, Flank steak, Tempeh

Cheese = 1/2 oz.

Blue cheese, Cheddar, Feta, Goat cheese, Monterey Jack, Mozzarella, Parmesan

Garnish = 1/2 oz.

Avocado, Almonds, Dried apricots, Capers, Dried cranberries, Croutons, Olives, Salami or ham, Sunflower seeds, Walnuts

Dressing = 2 Tbsp., olive-oil based

Balsamic Vinaigrette, Lemon vinaigrette, Red-wine vinaigrette

