

# 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

