

Try adding shredded kale to your salad base for an extra pop of color and a nutrient boost. Kale can be widely available locally in the winter months. It also credits as a dark leafy green vegetable.



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Build a salad that can serve as a base to multiple offerings and flavor combinations. Start with:

- romaine lettuce
- iceberg lettuce
- shredded purple cabbage
- shredded carrots
- green onion



Core to Explore

Add a variety of meats or meat alternates to any salad to build flavor profile!



Consider adding a serving of whole grains!

Southwest



Barbeque



Asian Inspired

Making ranch dressing from scratch in your program can cut excess calories and sodium from your menu. Also, it allows you to easily add variety by mixing with other flavors like barbecue, sriracha, and cilantro and lime, etc.

The base for a vinaigrette is a neutral oil, a culinary acid, and mustard, or an emulsifier.

Variations include:

- balsamic
- raspberry
- cilantro lime
- sesame ginger
- lemon garlic



Vinaigrette

Ranch



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