



STAFF PICKS

Seven Summer SALADS



Nutritional
Weight & Wellness

Choose Your Own Topping Adventure Salad

Salad greens of choice



Wash and chop salad greens.

Topping Options:

Sweet/citrus/acidity combo: apples, oranges, strawberries, grapes, tomatoes

Handful of crunchies: cashews, pecans, pepitas, or your favorite nuts or seeds

Nutrient-dense extras: hardboiled egg for extra protein, avocado for extra healthy fat

Warm protein on top: chicken is easy to pair with other flavors, but any leftover proteins would work, like ground beef, pulled pork, meatballs

Dressing of choice



Top your salad with the topping options of your choice.

Taco Salad

Spinach (or any greens you have)
Black olives
Black beans
**Taco seasoned meat like shredded chicken,
pulled pork, sliced steak, ground beef**
Sprouted pumpkin seeds
Crumbled goat cheese
Salsa



In a large bowl, combine spinach, black olives, black beans, protein of your choice, pumpkin seeds, goat cheese, and salsa.

Burger Salad

Romaine lettuce
Cherry tomatoes
Finely diced onion
Diced pickle
Ground beef (salt, pepper, garlic powder) or
chopped-up burgers from the grill
Shredded cheese (optional)
Bacon (optional)
Jalapenos (optional)



In a bowl, combine lettuce, tomatoes, onions, pickles, and diced hamburger. Top with cheese, bacon, jalapenos.

Burger Sauce Dressing:
Mayo
Mustard
A little ketchup
Splash of white vinegar
Dash of garlic powder
Dash of pepper
Dash of paprika



Combine ingredients in a small bowl. Drizzle 1-2 T. on salad.

Green Goddess Mason Jar Salad

Protein: salmon, chicken, or steak
Seasonal veggies & greens:
Early-season veggies: radishes, snap peas, pea pods, asparagus
Mid-season veggies: cucumbers, green beans, carrots, tomatoes, peppers, zucchini
Sprouted sunflower seeds
Green goddess dressing



In a 32-oz. mason jar, always start with the heaviest and wettest ingredients at the bottom of the jar.

First, add the protein, then layer up all the seasonal veggies and greens, putting the greens in last. Top with sprouted sunflower seeds. Carry along green goddess dressing in a separate container, or add to bottom of jar along with protein.

3/4 c. plain, full-fat yogurt
1/3 c. avocado mayo
2 tsp. red wine vinegar
2 T. fresh dill (chopped)
2 T. fresh basil (chopped)
2 T. green onion (chopped)
Salt and pepper to taste



Add yogurt, mayo, vinegar, herbs, and salt and pepper to a food processor and puree until smooth. Drizzle in 1 T. water at a time to reach desired consistency.

Classic Niçoise Salad

¼ c. extra virgin olive oil
2 T. lemon juice
1 tsp. Dijon mustard
¼ tsp. kosher salt
Black pepper, to taste
1 anchovy, chopped (optional)



Make the dressing by adding all of the ingredients to a jar fitted with a lid, close tightly, shake well, and set aside.

1 c. small red potatoes, cut in half
2 c. fresh green beans, stems trimmed
6 oz. skipjack tuna (in water) or canned salmon or sardines, drained
¼ c. kalamata olives, drained
¼ c. thinly sliced red onion
1 T. capers, drained
1 c. cherry tomatoes, sliced in half
2 hard-boiled eggs, halved
1 tsp. salt



Place potatoes in a medium pot and fill with enough water to cover the potatoes by 1 inch, add 1 tsp. salt, then bring to a boil. Reduce to a rolling simmer, and cook until fork-tender about 15 minutes. Use a strainer to transfer the potatoes from the pot, reserving the hot water. Place the potatoes in a bowl and drizzle with 2 T. dressing and set aside to cool.

Add the green beans to the pot of hot water and simmer for 1 minute or until the green beans turn bright green. Drain the water and set the beans aside to cool.

On a large platter, arrange the fish, potatoes, green beans, halved tomatoes, boiled eggs, olives, red onion, & capers. Drizzle the salad with 2 more T. of the dressing and serve as an entrée salad.

Serves 2

Salmon Salad Supreme

2 (7.5 oz.) cans water-packed salmon, drained
1 c. celery, diced
¼ c. green onion, chopped
1 c. frozen peas
2 hard-boiled eggs, chopped
5 large ripe olives, sliced
3 T. mayonnaise
2 tsp. dried basil leaves
¼ tsp. salt



Combine all ingredients in a large bowl.
Serve over a bed of greens.

Serves 3



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Sonoma Chicken Salad

2 c. rotisserie chicken (diced)
1 c. celery (diced)
2 Tbsp cold-pressed mayonnaise
1 tsp apple cider vinegar
2 tsp pure maple syrup (optional)



Mix in a large bowl.

20 grapes (sliced in half)
¼ c. pecans (chopped)
1 tsp poppy seeds



Add and stir.

Serves 2

To Balance the Meal: serve over mixed greens or baby spinach with sliced cucumbers and tomatoes.

To make gluten free:
This is gluten free

To make dairy free:
This is dairy free