



14 SIMPLE SALADS

There may not be as much fresh produce in the winter, but salads can be brightened up with crunchy vegetables and sweet and tart citrus fruits.

	SALAD KEY		DRESSING		BASE		INGREDIENTS		
	1	2	3	4					
	Balsamic Vinaigrette	Balsamic Vinaigrette	Apple Cider Vinaigrette	Apple Cider Vinaigrette					
	Shredded Brussels Sprouts	Baby Spinach	Mixed Greens	Mixed Greens					
	Dried Cranberries, Walnuts, Goat Cheese	Parsnips, Fresh Mozzarella	Apple, Celery, Walnuts	Fennel, Edamame, Oranges, Walnuts					
5	6	7	8	9	10	11	12	13	14
Basic Vinaigrette	Asian Vinaigrette	Lemon Yogurt Dressing	Citrus Vinaigrette	Spiced Vinaigrette	Lemon Yogurt Dressing	Lemon Yogurt Dressing	Orange Vinaigrette	Orange Vinaigrette	Lime Vinaigrette
1 1/2 tbsp vinegar (Balsamic, apple cider, sherry, red wine)	1 clove garlic, crushed	1 clove garlic, crushed	1/4 bulb shallot, minced	1/2 tsp spices (paprika, cumin, coriander)					
2 tsp Dijon mustard	2 1/4 tsp soy sauce	2 tsp lemon juice	2 tbsp citrus juice (orange, lemon, lime, grapefruit)	2 tbsp red wine vinegar					
2 tsp sweetener (jam, sugar, honey, maple syrup)	1/4 tsp brown sugar	1 tsp Dijon mustard	1 tbsp red wine vinegar	2 tsp Dijon mustard					
2 tsp oil (cooking, avocado, grapeseed, olive)	1/2 tsp toasted sesame oil	2 tsp yogurt	1 tsp Dijon mustard	1 tsp honey					
Salt and pepper	2 1/4 tsp oil	Salt and pepper	3 tsp oil	Salt and pepper					
Red Wine Vinaigrette	Red Wine Vinaigrette	Asian Vinaigrette	Asian Vinaigrette	Lemon Yogurt Dressing	Lemon Yogurt Dressing	Lemon Yogurt Dressing	Orange Vinaigrette	Orange Vinaigrette	Lime Vinaigrette
Baby Spinach	Cooked Broccoli	Iceberg Lettuce, Shredded Cabbage	Baby Spinach	Shredded Cabbage	Kale	Butter Lettuce	Arugula	Kale	Butter Lettuce
Baby Carrots, Kalamata Olives, Feta Cheese	Chickpeas, Shallot, Cherry Tomatoes	Edamame, Dried Cranberries, Oranges, Almonds	Rotisserie Chicken, Shredded Carrot, Cucumber, Cooked Quinoa	Dried Cranberries, Celery, Green Bell Pepper, Onions, Almonds	Parmesan Cheese, Pine Nuts	Rotisserie Chicken, Celery, Walnuts	Oranges, Pomegranate, Walnuts	Roasted Beets, Oranges, Pomegranate, Fresh Tarragon	Mango, Hearts Of Palm