

How to build the ultimate healthy salad party board...

1) START WITH LEAFY GREEN BASE

head lettuce, salad mix, kale, spinach, arugula, Swiss chard, dandelion greens, herbs

2) ADD PROTEIN

chicken, salmon, tuna, bacon, ham, turkey, steak, beans, eggs, nuts, seeds

3) CHOOSE DRESSING

basic vinaigrette, oil and vinegar, lemon juice, ranch, Caesar

4) INCLUDE VEGETABLES AND FRUITS

radishes, beets, cucumbers, kohlrabi, turnips, carrots, peppers, tomatoes, summer squash, fennel, corn, peas, cabbage, onion, celery, apples, peaches, strawberries, pears, melon

5) ADD SOME GARNISH OR CRUNCH

nuts, seeds, scallions, fresh herbs, edible flowers, croutons

*CONSIDER CREATING A BOARD THEME- GREEK, TACO, ITALIAN, SEAFOOD, COBB, MEDITERRANEAN, ASIAN, CAESAR.

*FOR DIFFERENT FLAVORS, TRY ROASTING VEGETABLES OR PICKLING VEGETABLES FIRST.