Green salad template: Salads should be anything but boring! Those beautiful greens are a blank slate waiting for you to add layer upon layer of flavor and nutrition. Use this template to help you feel more comfortable making this staple your own!

Ingredients

Required: It’s just not a green salad without these!

- **Greens**: Any fresh, snappy, colorful greens will do. Mixing is encouraged, and it’s always a bonus if you can buy local, organic, or grow your own! **Wash all produce thoroughly before using.**
- **Dressing**: Oil/vinegar based dressings are especially versatile- balsamic vinaigrette is a personal favorite. Find what works for you and keep it on hand!

Optional: Mix, match, pick, choose, add, or improvise as you please! The more categories you choose from, the better.

- **Proteins**: Tofu, hard boiled eggs, chicken/pork/steak, edamame, quinoa
- **Fresh herbs**: Basil, mint, dill, chives, lemongrass
- **Fresh produce**: Fruit/berries, avocado, cucumber, carrots, radish, peppers
- **Toppings**: Nuts, seeds, sea salt/pepper, croutons, dry/hard cheese

Suggested combinations

1. Blueberries, pepitas, avocado, feta, mint, and chicken breast with balsamic
2. Apples, cucumber, carrots, green onions, walnuts, and edamame with vinaigrette
3. Cherries, tofu (air fried with salt, pepper, turmeric), cucumber, pepitas, sunflower seeds, and craisins with balsamic (left photo)
4. Chicken thighs, apples, cucumber, sunflower seeds, and green onions with Italian (right photo)