

DIY Salad Bar Board

How to build the ultimate healthy salad party board.

1. START WITH LEAFY GREEN BASE.

Romaine, Spring mix, Kale, Chard, Bibb, Iceberg, arugula, spinach, chard, herbs like parsley, cilantro, dill

2. ADD PROTEIN.

Chicken, salmon, tuna, bacon, ham, turkey, beans, cheeses, chickpeas, eggs, quinoa, nuts, seeds.

4. INCLUDE VEGGIES & FRESH/DRY FRUIT

Radish, carrot, peppers, cukes, turnips, fennel, avocado, peas, tomatoes, apples, raisins, pears, zucchini, corn, beets, onion, grapes, oranges, pomegranate seeds

3. DRESSING

DIY Salad dressing, oil and vinegar, vinaigrette, fresh-squeeze citrus

CONSIDER A BOARD THEME.

Greek, Taco, Italian, Seafood, Cobb, Mediterranean, Caprese, Asian, Caesar.

5. ADD SOME CRUNCH.

Croutons, sunflower seeds, nuts, chickpeas, sesame seeds, Ramen noodles, Chinese noodles