



# The Be Fit Minute

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## HOW TO BUILD A BETTER SALAD

<u>GREENS</u>	<u>PROTEIN</u>	<u>STARCH</u>	<u>CRUNCH</u>	<u>FLAVOR BOOST</u>		<u>DRESSING</u>
Arugula	Grilled chicken	Wild or brown rice	Celery	Fresh herbs	*Feta cheese*	Oil + vinegar
Brussels sprouts (thinly sliced)	Canned tuna	Quinoa	Carrots	Raisins	*Blue cheese*	Oil + citrus juice
Kale	Beans (e.g. black, white, kidney, chickpea)	Corn	Peppers	Orange slices	*Parmesan*	Mayo diluted with lemon juice + Dijon mustard
Romaine	Edamame	Peas	Cucumbers	Pineapple cubes	*Cheddar*	
Spinach	Tofu cubes	Beans (e.g. black, white, kidney, chickpea)	Green beans	Dried figs	*Goat cheese*	
Shredded cabbage	Hardboiled egg	Lentils	Broccoli	Dried cranberries	*Seeds*	
Endive	Shrimp	Roasted squash	Cauliflower	Dried apricots	*Nuts*	Diced avocado + lime
Radicchio	Salmon	Roasted potatoes	Radishes	Grapefruit slices	Pickled vegetables	Oil + plain yogurt + citrus juice
Escarole	Quinoa	Couscous	Fennel	Dried figs	Mushrooms	
Leaf lettuce	Lentils	Noodles or pasta	Pomegranate	Strawberries	Olives	Homemade dressing (recipes below)
Iceberg lettuce	Hummus	Cubed bread	Apple	Beets	Pepperoncini	
Watercress	Beef	Whole wheat roll or pita (on the side)	Grape halves	Tomatoes	Roasted vegetables	
Frisée	Sliced turkey or ham		Pear slices	Sun-dried tomatoes	Roasted red peppers	
<b>Portion:</b> at least 1 cup (fist) 	<b>Portion:</b> 3 to 4 ounces (tennis ball or cards) 	<b>Portion:</b> ½ - 1 cup (tennis ball or fist) 	<b>Portion:</b> at least ½ cup 	<b>Portion (*nuts, seeds, and cheese*):</b> 2 tablespoons (ping pong ball) 		<b>Portion:</b> 2 tablespoons (ping pong ball) 

### Balanced Salad Examples

- 1 Arugula + deli turkey + brown rice + celery + grapes + blue cheese + dried cranberries + oil + vinegar + Dijon
- 2 Romaine + radicchio + ham + white beans + parsley + sautéed mushrooms + pickled banana peppers + parmesan + olive oil + lemon juice
- 3 Brussels sprouts + romaine lettuce + chickpeas + celery + walnuts + apples + cheddar cheese + canola oil + apple cider vinegar + plus whole wheat pita (on the side)

### Simple Salad Dressings

**Balsamic vinaigrette:** ¼ cup balsamic vinegar + 1 teaspoon Dijon + ¾ cup olive oil whisked together (salt/pepper to taste)

**Buttermilk dressing:** ½ cup buttermilk + 2 tablespoons mayo + 2 tablespoons cider vinegar + 2 tablespoons minced shallot + 1 tablespoon sugar + 3 tablespoons minced chives whisked together (salt/pepper to taste)

**Ginger citrus dressing:** ¼ cup orange juice + ¼ cup rice wine vinegar + 2 tablespoons reduced sodium soy sauce + 1 tablespoon toasted sesame oil + 1 tablespoon honey + 1 teaspoon grated fresh ginger whisked together