

5 Steps to Craft a Better Salad

1



Start with Hearts of Romaine

A 3-pack of romaine hearts costs about \$3 and you'll get at least 4 servings of salad from each heart. Rip the lettuce instead of slicing it in order to slow the oxidation of the greens.

2



Invest in a Salad Spinner

Place lettuce into the spinner and rinse it with cold water. Then spin it until it's dry, dump out the excess water, and dry greens with a paper towel prior to storing.

3



Add Lots of Color

Add shredded carrots, cabbage, broccoli florets, bell peppers, celery, cucumbers, tomatoes, radishes, or any other vegetables to your lettuce base.

4



Try Fruit in Your Salad

Chopped apples, pears, mandarin oranges, grapes, berries, etc all add color, flavor, and texture to your greens. Dried fruit can be used in moderation as well.

5



Make Your Own Dressing

Combine a quarter cup of olive oil with a quarter cup of vinegar and 2 teaspoons of Dijon mustard. Whisk together and use 2 tablespoons per salad.