

Get creative and customise your toppings based on your preferences and what you have on hand!

Suggestions:

1. **MIXED GREENS:** rocket, watercress, spinach, lettuce, pea shoots, red leaf
2. **RAINBOW VEGETABLES:** carrot, red pepper, tomatoes, beetroot, cucumber, sweetcorn, red onion, avocado, broccoli, peas purple cabbage...
3. **PROTEINS:** cooked/canned chickpeas, black beans, white beans, or pinto beans, lentils, edamame, tofu...
4. **SEEDS:** sunflower, pumpkin, sesame seeds, almonds, walnuts
5. **DRESSING:** of your choice

MAKE YOUR OWN SALAD BAR



Eating salad most days may be one of the healthiest eating habits you can adopt

---and one of the simplest!

Healthy Reasons to Eat Salad a Day

- **Eat Salads for the Fibre** Eating a high-fibre diet can help lower cholesterol level and prevent constipation.
- **Eat Salads for the Health Benefits of Fruits and Vegetables** nutrient-rich plant foods contribute to overall health.
- **Eat Salads to Cut Calories and Increase Satisfaction**
If losing weight is your goal, you may want to start your meals with a green salad. Studies have shown that eating a low-calorie first course, like a green salad of 150 calories or less, make you fuller and reduces the total number of calories eaten during the meal.

**Salads are cool, crunchy, and fun to eat
lots of textures, colours, and flavours.**

Most people enjoy eating salads--even kids!



You can customise them to include the fruits and vegetables that appeal to you the most, and whatever ones you have on hand.

Some fruits match perfect with greens try mango or pineapple.

Mustard dressing



Ingredients:

- ✓ 3 tbsp apple cider vinegar
- ✓ 1 tbsp Dijon mustard
- ✓ 2 tsp honey or maple syrup
- ✓ ¼ tsp salt
- ✓ ⅛ tsp black pepper
- ✓ ½ cup olive oil

Instruction:

1. In a medium bowl, whisk all ingredients except olive oil. Then slowly whisk in the olive oil tablespoon by tablespoon until the dressing thickens to your desire texture. Taste and adjust salt and pepper.
2. Store in the fridge for up to 2 weeks; bring to room temperature and stir before serving

Lemon tahini dressing



Ingredients:

- ✓ 1/3 cup tahini*
- ✓ 1/3 cup fresh lemon juice (2 small or 1 1/2 large lemons)
- ✓ 1 tbsp olive oil (optional)
- ✓ 1 tsp maple syrup
- ✓ 1/2 tsp salt
- ✓ 2 tbsp water

Instruction:

1. In a small bowl, combine the tahini*, lemon juice, olive oil, maple syrup, and salt and whisk to combine. Add the water and whisk until a creamy dressing forms; you may need to add a bit more depending on the consistency of your tahini.
2. Serve immediately or refrigerate and bring to room temperature before serving. Extra dressing keeps for about 1 month in a sealed container in the fridge.

*tahini – is a sesame paste. A major ingredient in hummus, dressings or served by itself with crackers or oat cakes. Substitute for nut butters and easy to get from supermarkets.

Caesar dressing

Ingredients:

- ✓ 1 cup Sunflower seeds
- ✓ 1 Lemon (juiced)
- ✓ 1 tsp Garlic powder
- ✓ 2 tsp Wholegrain Dijon mustard
- ✓ ½ tsp salt
- ✓ ½ cup water
(or more depending on how thick/thin you want it)



Instruction:

1. Soak sunflower seeds overnight or boil for 5 minutes until soft.
2. Blend all dressing ingredients in high-speed blender until completely smooth.
3. Use as much or as little dressing as you'd like and pour over your salad.

Peanut butter dressing

Ingredients:

- ✓ ¼ cup creamy peanut butter
- ✓ 3 tbsp rice vinegar
- ✓ 2 tbsp soy sauce
- ✓ 2 tbsp honey
- ✓ 2 tbsp lime juice from one lime
- ✓ 1 tbsp fresh ginger minced
- ✓ 1 tsp sesame oil (optional)
- ✓ 2 cloves garlic minced
- ✓ ¼ tsp crushed red chili flakes
- ✓ Salt and freshly ground black pepper



Instruction:

1. In a small bowl, whisk together peanut butter, rice vinegar, soy sauce, honey, lime juice, ginger, sesame oil, garlic, and red pepper flakes.
2. If the dressing is thick, thin with water. Season to taste with salt and pepper and more red chili flakes if desired.