Let’s Toss this Salad

If salads only make you think of Bugs Bunny and Popeye, then you are doing salads wrong. In reality, salads are what we make of them. Whether you like your salad chopped or tossed, and with so many ways to customize your own, it is near impossible not to find a salad that works for you. Just like when composing your perfect salad, read from the bottom up.

Sweet and Savory Harmony
Balance your plate and palate with toppings from both the sweet and savory sides of flavor.

<table>
<thead>
<tr>
<th>Sweet</th>
<th>Savory</th>
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</thead>
<tbody>
<tr>
<td>Dried fruit</td>
<td>Sunflower seeds</td>
</tr>
<tr>
<td>Red bell peppers</td>
<td>Broccoli</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Olives</td>
</tr>
<tr>
<td>Beets</td>
<td>Mushrooms</td>
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Green Machine
Every green masterpiece starts with a great base. Choose from a variety of leafy greens in the dining halls such as spring mix, romaine lettuce, and spinach for a rock salad foundation.

Protein Positivity
Choose from a variety of lean proteins such as grilled chicken, egg whites, and fish. For a plant-forward option, try tofu, beans, chickpeas, or quinoa.

Dress to Impress
Drop the creamy dressing and accessorize your salad with a non-processed healthy fat/acid alternative. Healthy fat: olive oil Acid: balsamic vinegar, lemon juice, red wine vinegar

Eating 101
RU Dining Healthy?
A Weekly Newsletter Brought to You by the RU Healthy Dining Team
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

Romaine Calm and Lettuce Eat Salads

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Questions? Like us on Facebook (RU Healthy Dining Team), follow us on Twitter (@ru_hdt), Instagram (@ru_hdt), Snapchat (ru_hdt) or email peggy@dining.rutgers.edu.