



# *How to Create a Salad*

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AT GEORGINA NURSE PRACTITIONER LED CLINIC

**Spring is here! After months of cold weather and hearty comfort meals, many crave for that first salad of local fresh ingredients to add some lightness back to our routine. In this issue, get some simple tips and ideas on how you can spruce up your green salads for more colour and variety!**

All salads require three main components: the base, added ingredients, and the dressing. Let's explore the options of each component to help you change up your salad routine!

*The Base* - There are three main types of salads that you can create depending on the base you use. Garden salads use leafy greens as the base. This is the most popular type of salad, but there are many options besides the typical lettuce base that can be used. For more variety, try baby spinach, kale, arugula, endives or a mix of any of the above. Vegetable salads use raw or cooked vegetables other than leafy greens as the base. You can get real creative with combinations here with ingredients like raw tomatoes, cucumbers and peppers, but also cooked vegetables like roasted sweet potatoes or cauliflower, grilled corn or asparagus! Finally, bound salads use non-vegetable ingredients like potatoes or tuna as the base where the ingredients are held together with a thick sauce.

*Added Ingredients* - The sky is the limit when it comes to toppings. A general rule of thumb if you are creating a salad as a meal is to try and include something from each food group so that the meal is balanced and filling enough to satisfy your hunger. For example, if you have greens or

vegetables as the base, try to add protein such as chicken, boiled eggs, beans, nuts, seeds, and/or cheese. Next, try to include a source of healthy carbohydrates such as corn, beans, chickpeas, quinoa, roasted sweet potatoes and/or fruit. Combined with some healthy fats in your salad dressing (see next section), this balanced meal will keep you satisfied until your next snack or meal.

*Salad Dressing* - Many people are intimidated with making homemade dressings but here is an easy formula to help you start creating healthy, preservative free salad dressings. Start with an oil like olive oil or avocado oil. Then add an acid - this can be lemon juice or a vinegar (apple cider, balsamic, red wine, etc.). Finally, add other flavouring ingredients like dijon mustard, honey, herbs, garlic, ginger, etc. The final ratio between the three components should be 60% oil, 30% acid, and 10% other flavouring ingredients.

You are now ready to start creating your own salads! If you need more ideas, check out some of Cooksmarts recipes that we have highlighted on the next page.

Sources: 1. Cooksmarts. Infographic: 50 Salad Combos for Every Season. Retrieved from <https://www.cooksmarts.com/cooking-guides/cook-eat-healthier/ways-to-make-salad-more-interesting/>.  
2. Cooksmarts. Infographic: Cooking Formula for a Simple Vinaigrette. Retrieved from <https://www.cooksmarts.com/cooking-guides/cook-eat-healthier/ways-to-make-salad-more-interesting/>.



## 3 Simple Salads for Spring

Recipes from Cooksmarts Infographic:  
50 Salad Combos for Every Season

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### Ingredients:

Romaine Lettuce  
Sliced turkey  
Avocado  
Tomato  
Bacon  
Hard Boiled eggs  
Blue Cheese

### Lemon Yogurt Dressing:

1 clove garlic, crushed  
2 tbsp lemon juice  
1 tsp Dijon mustard  
2 tbsp yogurt  
2 tbsp oil  
Salt and Pepper

2

### Ingredients:

Mixed greens  
Rotisserie chicken  
Blueberries  
Avocado  
Feta cheese

### Orange Vinaigrette:

1/4 bulb shallot, minced  
2 tbsp orange juice  
1 tbsp red wine vinegar  
1 tsp Dijon mustard  
1 tsp honey  
3 tbsp oil  
Salt and pepper

3

### Ingredients:

Sautéed vegetables (Asparagus, Sugar Snap Peas)  
Black beans  
Avocado  
Shredded Cheese  
Cilantro

### Spiced Vinaigrette:

1/2 tsp spices (e.g. paprika, cumin, coriander)  
2 tbsp red wine vinegar  
2 tsp Dijon mustard  
1 tbsp honey  
2 tbsp oil  
Salt and pepper