

# BUILD A HEALTHY SALAD BOWL

## STEP 1: Leafy greens

- Mixed greens
- Romaine lettuce
- Spinach
- A mix of what you have on hand

## STEP 2: Select veggies

- Broccoli
- Carrots
- Red cabbage
- A mix of what you have on hand

## STEP 3: Top with healthy proteins

Try proteins like beans, lentils, cooked garbanzo beans, veggie burger crumbles, eggs or unsalted nuts\*

SALAD BOWL VARIETIES	LEAFY GREENS + VEGGIES	PROTEIN
<b>Southwest Fajita Bowl</b>	Romaine lettuce, green and red pepper strips, onions, corn	Grilled tofu
<b>Taco Bowl</b>	Kale, tomatoes, onions, green pepper strips	Taco-seasoned tofu or beans
<b>Vegetarian Salad Bowl</b>	Mixed greens, cucumbers, tomatoes, carrots, celery	Black, pinto or kidney beans
<b>Thai Bowl</b>	Spinach, red peppers, hot peppers, pea pods, carrots, green onions	Tofu (baked, grilled, or sautéed instead of fried)

## STEP-BY-STEP SALAD DRESSING

### STEP 1: Oil\* (optional)

- Olive oil
- Sunflower oil
- Sesame oil
- Whatever you have

### STEP 2: Citrus or vinegar

- Lemon juice
- Lime juice
- Orange juice
- Vinegar of choice

### STEP 3: Seasoning

- Salt
- Garlic, onion powder
- Taco seasoning
- Tahini\*
- Fresh or dry herbs: parsley, rosemary, thyme, etc.

### Preparation:

1. Mix 2 Tbsp oil plus 1 Tbsp of vinegar.
2. Flavor with your choice of seasonings, to taste.

\*Keep in mind that healthy fats are still high in calories, monitor your portion sizes.

**MANY STRENGTHS. ONE MISSION.**

*A Seventh-day Adventist Organization*



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