

Salad Matrix

There are many more things you can add to salads – these are just some of the things I like and use often.
Aim for a balance of creamy and crunchy textures in every salad; to elevate your game, consider sweet vs. salty and warm vs. cold.

Greens	Vegetables and Fruits	Protein	Grains	Goodies
Romaine	Raw veggies (carrots, tomatoes, cucumbers, bell peppers...)	Chicken and turkey (roasted, grilled, chicken salad)	Rice	Cheese
Red or green leaf lettuce	Roasted and grilled veggies (broccoli, potatoes, winter squash...)	Fish and shellfish (roasted, grilled, crab cakes, smoked salmon, tuna salad...)	Brown rice	Toasted Nuts (walnuts, pecans, pistachios, peanuts, hazelnuts, almonds...)
Baby greens/mesclun	Blanched veggies (green beans, corn, peas, asparagus...)	Beef (sliced cooked steak, hamburger, taco filling...)	Farro	Seeds (sunflower, pepitas, flax...)
Spinach	Berries	Pork (sliced cooked tenderloin or pork roast)	Barley	Bacon
Kale	Cubed melon	Deli meats (turkey, ham, salami...)	Wheatberries	Avocado
Butter lettuce	Orange segments	Eggs (hard boiled, fried, cut up omelets, egg salad...)	Quinoa	Dried fruit (cherries, raisins, apricots...)
Herbs (parsley, basil, dill, chervil...)	Pitted, sliced stone fruits (peaches, nectarines, cherries, apricots)	Legumes (chickpeas, kidney beans, lentils, bean salads...)	Pasta	Croutons