

The Ultimate Green Salad

Instructions

1. Start by preparing your favorite greens (kale, butter lettuce, romaine lettuce, mixed greens, etc.). Wash and dry the greens, and either set them out to dry or use a salad spinner to dry the lettuce while you prepare the remaining ingredients.
2. Choose your favorite toppings to personalize your salad. Some options include:
 - a. Extra vegetables: cucumber, asparagus, carrots, tomatoes, etc.
 - b. Fruits: dried cranberries, cherries, blueberries, apples, etc.
 - c. Fats: Avocado, cheddar cheese, feta cheese, goat cheese, Parmesan cheese, cottage cheese, almonds, walnuts, sunflower seeds, olives, etc.
 - d. Protein: chicken, shrimp, turkey, chickpeas, etc.
 - e. Dressing: 1-2 tbsp of olive oil and balsamic vinegar or another dressing you like.
3. To prepare the salad: combine your greens and vegetables. Then top with fruits or proteins of your choosing, and sprinkle any cheese, nuts, seeds, or other sources of fat over the salad.
4. In a small bowl, whisk together the olive oil, balsamic vinegar or lemon juice, Dijon mustard, salt, pepper, and honey until combined.
5. Drizzle the dressing over the salad and gently toss to combine. Garnish with any fresh herbs and serve immediately. You can adjust any of the ingredients based on your preferences. Enjoy!

Potential Ingredients

For the salad:

- 4 cups of mixed greens (like arugula, spinach, and baby kale)
- 1 cucumber, sliced
- 1 avocado, diced
- ¼ cup red onion, thinly sliced
- ¼ cup cherry tomatoes, halved
- ¼ cup feta or goat cheese
- ¼ cup toasted nuts (like almonds, walnuts, or pecans)
- Fresh herbs for garnish (like parsley, basil, or dill)

For the dressing:

- 3 tbsp olive oil
- 1 tbsp balsamic vinegar (or lemon juice)
- 1 tsp Dijon mustard
- Salt and pepper, to taste
- ½ tsp honey (optional for sweetness)