

KITCHEN SINK SALAD

METHOD

The idea behind this salad is to use up the miscellaneous ingredients you have in the kitchen and garden to create a unique and delicious salad. Consider the ingredients and dressings below more like a “salad bar” than a recipe: add what you like and omit what you don’t!

INGREDIENTS

Greens	Veggies/Fruits	Protein
Lettuce	Carrots	Lentils
Arugula	Raisins	Chickpeas
Spinach	Radishes	Black beans
Baby kale	Snap peas	Sunflower seeds
	Asparagus	Toasted pumpkin seeds
	Steamed broccoli	Hard boiled eggs
	Grated or pickled beets	Cooked quinoa
	Onions (raw or caramelized)	

DRESSINGS

Asian sesame	Cilantro lime	Herb vinaigrette	Sweet balsamic
4 TBSP rice vinegar 2 TBSP soy sauce or tamari 2 tsp fresh ginger, grated (or 1 tsp dried) 2 tsp sesame oil 1 clove garlic, minced 1 TBSP honey 2/3 cup olive oil	1 cup plain yogurt 4 tsp cilantro leaves, minced 2 tsp fresh lime juice 1/4 tsp salt Pinch of sugar	1 cup fresh flat leaf parsley, roughly chopped 10 large basil leaves 1 TBSP fresh oregano 1 clove garlic, minced 1/4 cup red wine vinegar 1 1/2 tsp honey 3/4 cup olive oil Salt and pepper, to taste	1 cup olive oil 1/2 cup balsamic vinegar 1 clove garlic, minced 1/2-1 tsp salt, to taste 1 TBSP brown sugar