








From the old phrase “everything but the kitchen sink”, a kitchen sink salad means that you can toss together a lot of what you have in your kitchen—except the sink!—to make your own custom salad any time of year!

Follow these **5 simple steps** to choose your own salad ingredients with seasonal fruits and vegetables. Don't see your favorite fruit or vegetable? Add in your own local options, the seasons of the year they grow (fall 🍁 winter ❄️ spring 🌱 or summer ☀️), and any tips you have for how to prepare them!

1

Choose Your Leafy Greens

Leafy Greens	Primary Seasons				Tips
	🍁	❄️	🌱	☀️	
 Arugula					Use as is.
 Baby Spinach					Use as is.
 Beet Greens					Roughly chop or tear the leaves by hand.
 Chicories (escarole, endive, raddichio)					Tear the leaves by hand to avoid discoloration. Pair with other strong flavors, like cheese, nuts, garlic, or citrus.
 Curly Kale					Remove stems, roughly chop or tear, and massage with oil to make leaves more tender.
 Dino Kale					Remove stems, and chop or tear leaves by hand. No massaging needed!
 Lettuce					Roughly chop or tear the leaves by hand.

Add in your own Leafy Green options!

2






Choose Your Fruits & Vegetables

Fruits & Vegetables	Primary Seasons				Tips
					
 Apple					Slice, dice, or roughly grate.
 Asparagus					Chop uncooked asparagus, or chop and lightly sauté or roast in oil.
 Beets					Try roughly grating uncooked beets, or slice and roast with some oil.
 Bell Pepper					Slice or dice, and use different colors for extra vibrant salads.
 Berries					Serve salad right away, berries will quickly become mushy.
 Brussels Sprouts					Thinly sliced uncooked Brussels sprouts or cut in half and lightly roast.
 Carrots					Roughly grate uncooked carrots or roast with some oil beforehand.
 Cucumber					Peel or leave the skin on before thinly slicing.
 Herbs					Chop and mix into salads or add as final garnish.
 Radishes					Thinly slice small radishes, and halve and thinly slice larger ones.
 Tomatoes					Slice or dice. Roma tomatoes work well because they're less juicy.
 Turnips					Try roughly grating uncooked turnips or roasting them sliced with some oil.

Add in your own Fruit & Vegetable options!

3

Choose Your Protein

Proteins	Tips
 Black Beans	Drain canned black beans and add directly to salads.
 Chickpeas	Drain canned chickpeas and add directly to salads, or roast in the oven with some oil, salt, and pepper for extra crunch.
 Hard-Boiled Eggs	Garnish salads with half slices on top or roughly chop up and mix into salads.
 Sunflower Seeds	Use either raw or roasted sunflower seeds. Mix half into the salad and sprinkle the other half on top when serving.
 Quinoa	Use plenty of dressing when adding quinoa to salads so that they are not too dry.

4

Choose Your Dressing



Prepare the ingredients for the dressing of your choice and then add them all to a jar with a lid. Shake to combine!

Ginger Sesame

- 2 tsp. fresh ginger, peeled and minced
- 1 clove garlic, peeled and minced
- 4 tbsp. rice vinegar
- 2 tbsp. soy sauce or tamari
- 2 tsp. sesame oil
- 1 tbsp. honey or sugar
- $\frac{2}{3}$ cup extra virgin olive oil

Herb Vinaigrette

- 1 cup fresh flat-leaf parsley leaves, minced
- 1 bunch fresh basil leaves, minced
- 1 tbsp. fresh oregano, minced
- 1 clove garlic, peeled and minced
- $\frac{1}{4}$ cup red wine vinegar
- 1 $\frac{1}{2}$ tsp. honey or sugar
- $\frac{3}{4}$ cup extra virgin olive oil
- Salt and pepper to taste

Sweet Balsamic

- 1 clove garlic, peeled and minced
- 1 cup extra virgin olive oil
- $\frac{1}{2}$ cup balsamic vinegar
- $\frac{1}{2}$ - 1 tsp. salt to taste
- 1 tbsp. honey or sugar

Cilantro Lime

- 1 cup plain yogurt
- 4 tsp. cilantro leaves, minced
- 2 tsp. lime juice
- $\frac{1}{4}$ tsp. salt
- Pinch of sugar

5

Mix Your Salad!

Combine your choice of Leafy Greens, Fruits & Vegetables, Protein, and Dressing together in a large bowl. Then enjoy!

