**Salad Recipes**

**Some Fun Additions to Salads**

* Canned Chickpeas/kidney beans/ black beans
* Roasted sweet potato
* Roasted asparagus
* Fruit
* Seeds (pumpkin, sunflower)
* Nuts (almonds, walnut)
* Quinoa/rice/
* Little bit of Feta
* Hard Boiled Egg

**Spinach Apple Quinoa Salad with Maple Vinaigrette**

**Ingredients**  
3-4 cups baby spinach  
2 tbsp dried cranberries  
1/4 cup halved walnuts  
2 tablespoons feta cheese  
1/2 granny smith apple sliced, 1/2 fuji apple sliced (or 1 full apple of any kind  
2 slices bacon cooked and chopped

**Maple Dijon Vinaigrette:**  
 2 tablespoons extra virgin olive oil  
 1 tablespoon apple cider vinegar  
 1 tablespoon maple syrup  
 1 and 1/2 teaspoon dijon mustard

salt & pepper to taste

**Tomato Basil Avocado Mozzarella Salad with Balsamic Dressing**  
Ingredients  
1/2 pound (2 cups) red grape or cherry tomatoes, halved  
1/2 pound (2 cups) yellow grape or cherry tomatoes, halved  
2 avocados, diced  
4 ounces shredded mozzarella  
1/2 cup fresh basil, chopped  
 **Dressing:**  
 1/4 cup olive oil  
 1/4 cup balsamic vinegar  
 2 tablespoons honey, warmed

1 clove of garlic