

the art of building

THE PERFECT SALAD

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STEP 1: Pick a hearty base

Choose a base with some substance - hearty greens like kale, collard, cabbage; or a grain like millets, quinoa, red rice. Additional greens like herbs and micro greens are more than welcome!

STEP 2: Load up on vegetables

Go with a mix of raw and cooked veggies. Experiment with cooking techniques - grilling, sautéing, roasting, steaming, blanching. Don't forget the fruit; it adds sweetness and acidity.



STEP 3: Power up on protein

Protein bulks up a salad and makes it more substantial. Non-vegetarians can go for salmon, chicken, eggs, or prawns. Veggies can opt for tofu, quinoa, edamame, lentils, chickpeas, or hummus.



STEP 4: Ditch the bottled dressing

Bottled dressings contain an overload of preservatives, sodium, and sugar. Homemade dressing is the only one worth using - all you need is acid, oil, and seasoning to make it. Add herbs if you feel fancy; yogurt, tahini, or nut butter for creaminess!



STEP 5: Toppings galore!

Don't skip the toppings - it's what takes the salad from *meh* to something that is truly crave-worthy. Think nuts, seeds, pita chips, pomegranate, cheese, olives, fried onions - the options are limitless.



#GOODFOODPRACTICES