



**The poetry of salads**, variety, color, rhythm, and repetition-it keeps your salads interesting and also provides an [increased variety of nutrients](#). Add an array of different greens, such as dark and flavorful raw spinach or romaine lettuce, tender Boston lettuce, medium crispy red-leaf lettuce, peppery arugula and the textured mix of spring greens sometimes called mesclun. Tomatoes and cucumbers are great, but try adding these: sweet peppers, hot peppers, cauliflower, broccoli, olives, beets, jicama or green peas.

#### **Salads don't have to be all vegetable.**

Have you tried mixing salad greens with orange segments, pineapple chunks, fresh berries, pears, apples, grapes or peaches? Make salad your main meal event, by including dried beans (kidney, black or garbanzo beans) or nuts, which are especially delicious if you take a couple minutes to toast them first. Top it with leftover cooked chicken, salmon or shrimp, hard-boiled eggs or even a poached egg. Just a small amount of cheese can be a delicious too. Experiment with dressings. Simple and nutritious needn't be boring, such as olive oil, with lemon or raspberry juice and a few favorite spices.

**Have you ever tried Mexican salsa** with a few slices of avocado on mixed greens? It's best to read labels when choosing bottled dressings and watch the amount you use. Check out the ingredients for saturated fat and added sugars.

**At salad bars or when ordering out**, consider the [fat and calorie content](#) to maximize healthfulness. [Not all salads are low-calorie](#) and not all promote health. Sometimes a grilled chicken sandwich on wholegrain bread has fewer calories than a chicken Caesar salad! But with this season's pickings at your local farmer's market it's easy and fun to create your own salad poetry! Begin thinking cool green cucumbers, garden fresh tomatoes, rain and fire radishes, ruby-red raspberries. Enjoy!

