**The Ultimate Salad Recipe**

Increasing **raw vegetables** is the cornerstone to anyone looking to improve their body shape and wellness.

Incorporating a delicious, colourful salad, is a **good daily habit** to create on your Fit ‘n Healthy Plan.

To help customize it to your own taste, here is my ‘Salad Dressing Making 101’ Recipe.

**Step 1: Start with salad greens.**

You can pretty much use anything for salad greens. Choose seasonally grown greens for the highest in nutritional value.

*Common greens found at your grocery market:* Romaine Lettuce, Red Leaf Lettuce, Spinach, Swiss chard, Arugula, Kale, Mustard greens, Celery tops, Beet greens, Turnip greens, and Brussels sprout greens.

*Seasonal greens found wild in your neighborhood (free):* Dandelion Greens, Plantain, Sheep Sorrel, Lamb’s Quarters, and Purslane.

**Step 2:** **Add your colors.**

Colorful vegetables contain powerful **phytochemicals**. These are powerful substances that turn on your ability to burn fat, increase energy and prevent illness.

Choose from these rainbow assortments:

RED: Bell peppers, beets, radishes, tomatoes, onions (red)

YELLOW AND LIGHT GREEN: Bell peppers (yellow), cabbage, cauliflower, celery, chives

ORANGE: Bell peppers (orange), carrots, beets (orange)

PURPLE: Bell peppers (purple), beets (purple), cabbage (purple)

**Step 3: Make your dressing.**

Choose your healthy fat:

FAT: Flax, olive, avocado, coconut milk, avocado

SOUR: lemon or lime juice, apple cider vinegar, balsamic vinegar

SWEET: dates, raisins, prunes, figs, strawberries, papaya, berries, mango, apple, apricot, pear, peach

SPICY: crushed garlic, smoked chilli pepper, ginger, cayenne, curry

SALTY: dulse, kelp, Himalayan or Celtic salt

**Step 4: Choose your flavor.**

Choose from this selection of international flavors:

JAMAICAN: thyme, garlic, black pepper, allspice, onion, ginger, cinnamon, nutmeg, cayenne pepper

MOROCCAN: coriander, caraway, cinnamon, allspice, red pepper flakes

ITALIAN: basil, oregano, parsley, rosemary, thyme, garlic

RUSSIAN: dill, parsley, scallion, garlic, coriander, caraway

THAI: cilantro, lemongrass, cumin, curry, ginger, coconut

**Additional ideas:**

Add crushed nuts and seeds for crunch or sundried tomatoes for a more chewy texture.

Turn your salad dressing into a dip by using less oil and vinegar and place in blender.