

Super Seedy Salad for Skin Health

This salad can serve as a quick and easy base for all your protein and mineral-rich toppings. The toppings listed below are a simple way to transform a plain bowl of greens into a delicious, nutrient-rich meal in minutes. Serves 2 people as a meal or 4-6 people as a side salad.

Toppings

Pumpkin seeds	Chia Seeds	Black Beans
Sesame seeds	Hemp Seeds	Almonds
Sunflower seeds	Feta cheese	Pecans
Flax Seeds	Chickpeas (garbanzo beans)	Walnuts
Salmon/Tuna	Chicken	Steak

Salad Base

- 4 cups of greens: Spinach, kale, or lettuce torn or cut into bite-sized pieces
- 1 cup chopped tomatoes, or cherry tomatoes, halved
- ¼ cup red onion, diced into small pieces

Dressing

There are many tasty ways to dress a salad and you can be as simple or as creative as you want. The classic ratio of oil to acid (vinegar or lemon juice) is 3 parts olive oil to 1 part vinegar. In other words, ¾ cup of olive oil + ¼ cup of vinegar will give you 1 cup of salad dressing.

Here are some options:

- Olive oil & red wine vinegar
- Olive oil & balsamic vinegar (add honey!)
- Olive oil, lemon juice & parmesan cheese
- Yogurt, water (to thin the yogurt), mixed herbs
- Olive oil, Dijon mustard, honey, lemon juice or vinegar

Directions

1. Prepare the base ingredients and combine in a bowl.
2. Add your toppings of choice
3. Drizzle on your favorite dressing, toss well and enjoy.

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