

## Summer Salads Your Way!

<b>Preparation:</b> Choose from each column (the recommended number of items is indicated or add more as you like), toss lightly to mix, pour on your favorite dressing, and serve immediately, or chill for later.					
Grains/Pulses (1)	Fresh Fruit/Veggies (3+)	Greens (2+)	Dried Fruit (1+)	Nuts/Seeds (2+)	Dressing
<b>Pulses</b> Black Kabuli Chickpeas™ (Cooked) Lentils (Cooked or Sprouted) Black Beluga Lentils® French Green Lentils Green Lentils Pardina Lentils Decorticated Lentils (Soaked) Petite Crimson Lentils Harvest Gold Lentils  <b>Grains (Cooked)</b> Semi-Pearled Farro Purple Prairie Barley® Semi-Pearled Kamut®	<b>Fruit</b> Apples Pears Tangerines (Sections) Peaches Watermelon Cantaloupe Grapes Strawberries Pineapple Blueberries Pomegranate Kiwi Star Fruit  <b>Veggies</b> Bell Peppers Corn Kernels (Blanched) Tomatoes Sweet Onion Carrots Cucumber Zucchini Celery Brussels Sprouts (Cooked) Broccoli (Blanched) Beets (Cooked) Green Peas (Fresh) Green Beans (Blanched) Radishes	Scallions Sweet Onions Fresh Parsley Fresh Cilantro Arugula Fresh Mint Ruffled Kale Micro-Greens Leaf Lettuce Chives Beet Greens Corn Salad Chick Weed Miner's Lettuce French Sorrel Mustard Greens Baby Spinach Radicchio Watercress Bean Sprouts	Raisins Cranberries Cherries Apricots Apples Pineapples Mangos Peaches Dates	<b>Nuts</b> Pistachios Walnuts Pecans Almonds (Roasted) Peanuts (Roasted) Candied Walnuts Beer Nuts Cashew (Roasted) Filberts Macadamia  <b>Seeds</b> Sunflower Seeds Pumpkin Seeds Flax Seeds Sesame Seeds Pine Nuts	Slaw Dressing - Clear Slaw Dressing - Creamy Oil and Vinegar Green Goddess Oil and Lemon Honey and Lime Bottled Dressing
	Chopped or cut up	Torn into bites or chopped	Small whole or chopped	Small whole or chopped	

