

Creating a 6-Color Salad Masterpiece

- Begin with gorgeous array of mixed greens; add
 - Sliced red peppers
 - Grated purple cabbage
 - Red kidney beans
 - Chopped cauliflower
 - Flowerettes of broccoli
 - Grated raw beets
 - Curly strips of carrots
 - Red and yellow tomatoes

Turn a Salad Into a Masterpiece Meal!

- Top the salad with
 - Grilled chicken or tempeh
 - Sliced hard-boiled egg
 - Chunks 'o cheese
 - Quinoa salad
 - Grilled eggplant, zucchini, and red peppers
 - 3-bean salad (garbanzo, cannellini, pinto...)
 - Dried fruit
 - Zippy homemade salad dressing
 - Nuts
 - Canned tuna or salmon
 - Barley salad