

Salad Ingredient Ideas

- Different lettuces
- Cabbage
- Brussels sprouts
- Broccoli
- Cauliflower
- Sprouts
- Spinach
- Kale
- Shredded carrots
- Zucchini
- Yellow squash
- Tomatoes
- Cucumber
- Pickles
- Green or red onion
- Different color peppers
- Blackberries
- Strawberries
- Pineapple
- Pitted cherries
- Dried fruits
- Peas
- Mandarin Oranges
- Raspberries
- Corn
- Different cheeses
- Different nuts
- Sweet Potatoes
- Chicken
- Ham
- Seafood
- Hard boiled eggs
- Chickpeas
- Edamame
- Different grains
- Croutons
- Pasta
- Avocado
- Sunflower seeds
- Pine nuts
- Tortilla strips
- Mushrooms