



7 Salad Upgrades We Learned From the Pros

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Are you on board for the #10SaladChallenge? Good luck! To help you get started, we asked health experts to share their tried-and-true tips for prepping, storing, and making the meal more flavorful. Here's a little salad inspiration from those who make em' best!

- Franci Cohen, MA, personal trainer and certified nutritionist

"Don't turn your salad into dessert – ditch the candied walnuts, dried fruit, and other sugary toppings. And don't drown your salad in creamy or sugary dressings; make your own or stick with olive oil and vinegar."

- JJ Virgin, CNS, CHFS, author of the three Best Seller, "The Virgin Diet"

"Tired of boring diet dressing on your salad? If you don't have time to make your own, then use just a spoon of your favorite dressing and dilute it down with balsamic vinegar. You can slash your calories in half."

- Bonnie Taub-Dix, MA,RDN,CDN, the writer behind the Everyday Health Column, Nutrition Intuition

"Salads don't have to include lettuce. There are an infinite number of delicious cold and warm grain-based salad recipes out there, using barley, quinoa, farro, and other fiber-rich whole grains as the base. Add chopped veggies, nuts, fresh or dried fruit, maybe a little cheese, and some dressing and you've got a super tasty and very portable salad. While lettuce-based salads tend to wilt if you pack them the night before, grain-based salads hold up perfectly!"