How to Build Delicious, Nutritious Salads

For a great salad, try to combine at least one ingredient from each of the 5 Flavors: sweet, sour, salty, spicy and bitter. If the salad has greens that can count as the bitter.

Making your own salad dressing is as easy as shaking a bottle. You can skip the harmful preservatives and extra salt and sugar in store-bought dressing and enjoy a tastier version with endless options to mix it up.

Combine proteins and fats to make a salad into a meal or use one for a light salad to go with a heavier dish.

For easy ideas, look at the 5 Flavors Ingredients list on the other side!