



# 7 Salads with DIY Salad Dressing

1. Chopped kale with boiled eggs, sunflower seeds, and shredded carrots.
2. Chopped Romaine lettuce, corn kernels, black beans, shredded cheese and toasted (and crushed) flour tortillas.
3. Diced tomatoes, cucumbers, parsley, chopped egg, fresh lemon juice.
4. Chopped kale, leftover chopped chicken, halved grapes, sunflower seeds, and sliced radishes.
5. Roasted and thinly sliced Brussels sprouts, nuts (or sunflower seeds) and chopped apples.
6. Thinly sliced cabbage with oranges, avocado, and crushed peanuts.
7. Tuna, white beans, red onions, and shredded carrots.

## How to Make DIY Salad Dressing

Combine 6 tablespoons vegetable oil with 2 tablespoons vinegar. Add salt and pepper. Optional additions mustard, dried spices, or chopped garlic.

## How to Chop Kale

Cut or rip the leaves from the stem. Roll one leaf into a cigar shape and thinly slice.

For recipes and nutrition information, visit [capitalareafoodbank.org/recipes](https://capitalareafoodbank.org/recipes)



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