FUHRMAN FORMULA FOR

The Perfect Salad

START WITH A BIG PILE OF LEAFY LETTUCE

Pick from each category

CRUCIFEROUS SUPERFOODS
- Shredded Kale
- Watercress
- Arugula
- Shredded cabbage (red, green, savoy or Napa)
- Baby Bok Choy
- Collards
- Broccoli
- Cauliflower

ADD-INS
- Beans (red, black, chickpeas lentils, edamame)
- Lightly-cooked mushrooms
- Tomatoes
- Peppers
- Corn
- Carrots and beets (shredded raw or cooked)
- Zucchini
- Avocado
- Tofu
- Sprouts
- Peas (fresh or frozen)

ONION FAMILY
- Red or yellow onions
- Scallions
- Shallots
- Roasted garlic

NUT/SEED BASED DRESSING
- Make your own (see the perfect dressing)
- Use a bottled dressing (which has little or no oil and is low in sodium)
- Use one of Dr.Fuhrman’s pre-made salad dressings

DO ONE GOOD THING FOR YOURSELF EVERYDAY: MAKE SALAD YOUR MAIN DISH.

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Make 4 servings of dressing

**Healthy Fats**
- ¼-½ cup raw nuts
- ¼-½ cup raw seeds
- ¼-½ cup raw seeds/nuts (combination)
- ¼-½ cup raw nut or seed butter
- 1 ripe avocado

**Splash of Tartness**
- ¼ cup flavored vinegar
- ¼ cup balsamic vinegar
- ¼ cup lemon juice
- ¼ cup wine vinegar

**Fruit**
- 4 regular dates or 2 medjool dates
- 1 cup berries
- 1 cup apples
- 1 cup oranges
- 2 tbsp raisins

**Liquids**
- Water
- Carrot juice
- Unsweetened hemp milk
- Unsweetened almond milk
- Pasta sauce or tomato sauce (no-salt)

**Flavors**
- Garlic (1 bulb or 8 cloves roasted)
- Mustard (1 tsp)
- Fresh herbs (1 to 2 tsp)
- Dried herbs (¼ to 1 tsp)
- No-salt seasoning (½ to 1 tsp)
- Onion powder (½ to 1 tsp)
- Black pepper (to taste)
- Cayenne pepper (to taste)

Combine your selections in a high-powered blender.

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TEX-MEX SALAD
WITH EASY
AVOCADO DRESSING

INGREDIENTS FOR THE SALAD:
• 6 cups romaine lettuce, chopped
• 4 cups mixed baby greens
• 1 cup cooked black beans
• 1 cup frozen, thawed corn kernels
• 1 medium tomato, chopped
• 1/4 cup chopped red onion

INGREDIENTS FOR THE DRESSING:
• 1 ripe avocado, peeled, pit removed
• 1/2 lime, juiced
• 1 small clove garlic, chopped
• 1 tablespoon nutritional yeast
• Pinch of cayenne pepper,
or more to taste

INSTRUCTIONS:
Place dressing ingredients in a blender or food processor and blend until smooth. Combine salad ingredients in a large bowl and toss with desired amount of dressing.

SERVES: 2
ORANGE PEANUT DRESSING

INGREDIENTS
• 2 oranges, peeled and seeded
• 1/4 cup rice vinegar
• 1/8 cup peanut butter, no salt added
• 1/8 cup raw cashew butter or almond butter
• 1 teaspoon Bragg Liquid Aminos or low sodium soy sauce
• 1/4 inch piece fresh ginger, peeled
• 1/4 clove garlic

INSTRUCTIONS:
Blend all ingredients in a high-powered blender until smooth.

SERVES: 4
WALNUT VINAIGRETTE

INGREDIENTS
• 1/4 cup balsamic vinegar
• 1/2 cup water
• 1/4 cup walnuts
• 1/2 cup raisins
• 1 teaspoon Dijon mustard
• 1 small clove garlic

INSTRUCTIONS:
Blend all ingredients in a high-powered blender until smooth.

DID YOU KNOW?
Walnuts contribute a subtle, nutty flavor as well as healthful fat to this salad dressing. They are a particularly good source of omega-3 fatty acids which are important for heart and brain health.

SERVES: 4