

# 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.

# FUHRMAN FORMULA FOR The Perfect Dressing

**MAKES 4 SERVINGS  
OF DRESSING**

## Pick from each category

### HEALTHY FATS

CHOOSE ONE

- 1/4-1/2 cup raw nuts
- 1/4-1/2 cup raw seeds
- 1/4-1/2 cup raw seeds/nuts (combination)
- 1/4-1/2 cup raw nut or seed butter
- 1 ripe avocado

### SPLASH OF TARTNESS

CHOOSE ONE

- 1/4 cup flavored vinegar
- 1/4 cup balsamic vinegar
- 1/4 cup lemon juice
- 1/4 cup wine vinegar

### FRUIT

CHOOSE ONE

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

### LIQUIDS

ADD ENOUGH TO ACHIEVE DESIRED CONSISTENCY

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

### FLAVORS

CHOOSE AS MANY AS YOUR TASTE BUDS DESIRE

- Garlic (1 bulb or 8 cloves roasted)
- Mustard (1 tsp)
- Fresh herbs (1 to 2 tsp)
- Dried herbs (1/4 to 1 tsp)
- No-salt seasoning (1/2 to 1 tsp)
- Onion powder (1/2 to 1 tsp)
- Black pepper (to taste)
- Cayenne pepper (to taste)

**COMBINE YOUR SELECTIONS IN A HIGH-POWERED BLENDER.**





## 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**