



12 SIMPLE SALADS FOR FALL

Fall fruits and vegetables are heartier than summer produce, so they can be roasted and caramelized for healthy, flavorful salads that will keep you warm all season long.

BASIC VINAIGRETTE		ASIAN VINAIGRETTE		LEMON YOGURT DRESSING		CITRUS VINAIGRETTE		SPICED VINAIGRETTE		SALAD KEY				
<p>1 ½ tbsp vinegar (balsamic, apple cider, sherry, red wine)</p> <p>2 tsp Dijon mustard</p> <p>2 tsp sweetener (jam, sugar, honey, maple syrup)</p> <p>2 tbsp oil (cooking, avocado, grapeseed, olive)</p> <p>Salt and pepper</p>		<p>1 clove garlic, crushed</p> <p>2 ¼ tsp soy sauce</p> <p>2 ¼ tsp rice vinegar</p> <p>½ tsp brown sugar</p> <p>½ tsp toasted sesame oil</p> <p>2 ½ tbsp oil</p>		<p>1 clove garlic, crushed</p> <p>2 tbsp lemon juice</p> <p>1 tsp Dijon mustard</p> <p>2 tbsp yogurt</p> <p>2 tbsp oil</p> <p>Salt and pepper</p>		<p>¼ bulb shallot, minced</p> <p>2 tbsp citrus juice (orange, lemon, lime, grapefruit)</p> <p>1 tbsp red wine vinegar</p> <p>1 tsp Dijon mustard</p> <p>1 tsp honey</p> <p>3 tbsp oil</p> <p>Salt and pepper</p>		<p>½ tsp spices (paprika, cumin, coriander)</p> <p>2 tbsp red wine vinegar</p> <p>2 tsp Dijon mustard</p> <p>1 tbsp honey</p> <p>2 tbsp oil</p> <p>Salt and pepper</p>		<p>DRESSING</p> <p>BASE</p> <p>INGREDIENTS</p>		<p>1</p> <p>Balsamic Vinaigrette</p> <p>Mixed Greens</p> <p>Pear, Gorgonzola, Walnuts</p>	<p>2</p> <p>Balsamic Vinaigrette</p> <p>Baby Spinach</p> <p>Clementines, Apple, Pecans</p>	<p>3</p> <p>Balsamic Vinaigrette</p> <p>Arugula</p> <p>Roasted Beets, Cooked Lentils, Goat Cheese, Walnuts</p>
<p>4</p> <p>Balsamic Vinaigrette</p> <p>Baby Spinach</p> <p>Roasted Butternut Squash, Apple, Walnuts</p>	<p>5</p> <p>Balsamic - Apple Cider Vinaigrette</p> <p>Kale</p> <p>Roasted Root Vegetables (Turnips, Kohlrabi, Parsnips, Rutabaga), Cooked Lentils, Goat Cheese</p>	<p>6</p> <p>Balsamic - Apple Cider Vinaigrette</p> <p>Kale</p> <p>Pear, Golden Raisins, Almonds, Croutons</p>	<p>7</p> <p>Sherry Vinaigrette</p> <p>Mixed Greens</p> <p>Roasted Delicata Squash, Figs, Prosciutto</p>	<p>8</p> <p>Red Wine Vinaigrette</p> <p>Baby Spinach</p> <p>Dried Cherries, Red Onions, Pumpkin Seeds</p>	<p>9</p> <p>Red Wine Vinaigrette</p> <p>Mixed Greens</p> <p>Apple, Radishes, Pecans</p>	<p>10</p> <p>Asian Vinaigrette</p> <p>Butter Lettuce</p> <p>Roasted Tofu, Apple, Dried Cranberries, Sunflower Seeds</p>	<p>11</p> <p>Lemon Yogurt Dressing</p> <p>Endive</p> <p>Apple, Green Grapes, Chopped Pecans</p>	<p>12</p> <p>Spiced Vinaigrette</p> <p>Romaine Lettuce</p> <p>Mushrooms, Green Olives, Tomatoes, Avocado, Cilantro</p>						