



Amazing Salad Recipes from Dinner at the Zoo

Healthy Chicken Taco Salad

Fig Spinach Salad

Mediterranean Quinoa Salad

Tuscan Kale Salad

Mexican Caesar Salad

Produce

- limes (4) (2)
- garlic cloves (2) (1)
- romaine lettuce (4 C) (5 C)
- fresh salsa (1/2 C)
- baby spinach (6 C)
- fresh figs (1 1/2 C)
- acorn squash (1 small)
- cucumber (1 C)
- cherry tomatoes (1 C)
- yellow bell pepper (1)
- red onion (1/4 C)
- lemon juice (1 T)(2 T)
- tuscan kale (4 C)
- tomatoes (1 1/2 C) (1/2 C)
- avocado(1/2) (1/2) (1)

Herbs

- cilantro (1/2 C) (3/4 C + garnish)
- parsley (2 T)

Spices

- cumin (1/4 t)
- dried oregano (1/2 t) (1/2 t)
- smoked paprika (1 1/2 t)
- onion powder (1 t)
- chili powder (2 t)
- garlic powder (1/4 t)
- onion powder (1/4 t)

Dairy

- shredded cheese (3/4 C)
- sour cream (1 1/4 C) (3 T)
- blue cheese (1/3 C)
- feta cheese (1/2 C) (1/4 C)
- cotija cheese (1/2 C)

Nuts & Seeds

- candied pecans (1/3 C)
- pine nuts (2 T)
- almonds (1/4 C)
- pepitas (1/4 C + 2 T)

Pasta & Grains

- quinoa (3 C)

Meat

- chicken breasts (1 lb) (8 oz)

Bread & Tortillas

- flour tortillas (4)

Pantry Items

- olive oil (1/4 C) (2 T) (1/4 C) (1/4 C + 2 t) (1/3 C)
- sugar (1 t)
- cooking spray
- olives (1/2 C) (1/4 C kalamata)
- honey (1 1/2 t) (1 T) (1 t)
- green salsa (1/4 C)
- balsamic vinegar (1 T)
- dijon mustard (1 t) (1 t)
- red wine vinegar (2 T) (1 T)
- black beans (1 can) (1 C)
- tortilla strips or chips (1/2 C)
- mild green chiles (1 can)