



Vegetarian Salad Recipes

Greek Salad from Pinch and Swirl

Butternut Squash and Cranberry Spinach Salad from Taste and See

Citrus Salad with Orange Dijon Vinaigrette from What A Girl Eats

Spinach, Pear and Blue Cheese Salad from Beyond the Chicken Coop

Beet Salad with Avocado from Umami Girl

Produce

- plum tomatoes (4)
- cucumbers (2)
- red bell pepper (1 small)
- shallot (1)
- butter lettuce (5 oz)
- butternut squash (1 medium)
- baby spinach (5 oz) (4 C)
- avocado (1) (1)
- winter citrus (a variety)
- red onion (1/4) (1/4)
- pear (1)
- radicchio (1 head)
- raw beets (2)
- celery stalk (1)
- lime (1 for juice)
- fresh orange juice (4 T)
- garlic clove (1)

Herbs

- thyme leaves (1 t)

Spices

- dried oregano (2 t)

Dairy

- feta cheese (7 oz) (2 oz)
- shaved parmesan (3 oz)
- goat cheese (salad topping)
- heavy cream (3 T)
- blue cheese (5 T)

Nuts and Dried Berries

- dried cranberries (1 C)
- salted roasted pepitas (2 1/2 oz)
- candied pecans (1/4 C)
- walnuts (1/2 C)

Pantry Items

- kalamata olives (24 pitted)
- capers (1 T)
- olive oil (1/4 C) (3 T) (1 T) (1/2 C)
- cranberry juice (2 C)
- maple syrup (2 T)
- cabernet sauvignon wine (1 C)
- balsamic vinegar (1 T)
- balsamic glaze (for drizzling)
- flaky sea salt and black pepper
- dijon mustard (2 T)
- honey (1 T)
- apple cider vinegar (1 T)