When you hear "salad," you may think of a boring bowl of lettuce and tomatoes. But salad can be so much more! With a few simple additions, it can be a delicious, healthy and inexpensive meal.

**FRUITS**
Slice up fresh fruit that's in season or on sale. Choose a rainbow of colors! Pairing sweet fruits like pear or apple with tangy vinaigrettes will bring complexity and flavor to any salad. Dried fruits without added sugars are another sugar salad ingredient.

**PROTEINS**
Add more satisfaction to your salad with lean proteins like grilled chicken, fish or tofu. Include some legumes, which provide omega-3 fatty acids. Mix in a chopped hard-boiled egg or a small amount of cheese. Toss in some chickpeas, kidney beans or black beans. Unsalted nuts, like peanuts, almonds and walnuts, give your salad extra crunch and a dose of healthy fat. All these protein foods will keep you feeling fuller longer.

**QUICK TIP**
Check for low-sodium dressings, such as vinaigrettes or oils.

**GREENS**
Choose dark, leafy greens like romaine, spinach or arugula. Add a touch of radicchio, red leaf lettuce or red cabbage. If you have fresh herbs, like basil, thyme, oregano or mint, they add color and extra nutrients to your salad bowl.

**DRESSINGS**
With oils, vinegar and spices, you're minutes away from a simple, healthy homemade vinaigrette dressing. Just mix it up with tasty ingredients like chopped fresh herbs, a squeeze of citrus juice and chopped veggies with loads of flavor, like onions, garlic and scallions. Experiment by adding small amounts of these additions to this vinaigrette recipe, taste-testing as you go.

**GRAINS**
Warm or cold cooked whole grains add bulk and satisfaction. Try whole wheat couscous, brown rice, quinoa, bulgur or bulgur. To save money, look for whole grains in the bulk aisle of your grocery store. Whole wheat pasta is another inexpensive way to bulk up any basic salad.

**VEGGIES**
Raw vegetables like carrots, cucumbers, bell peppers and cauliflower add great crunch and color. Roasted veggies like beets, potatoes and squash add sweet flavor and a little bit of sweetness to any meatless salad.

**QUICK TIP**
Colorful vegetables are a great addition to any salad. Check the labels and choose the options with the lowest amount of fat and added sugars. Plus, they are great ways to help your greens stay crisp.

**VINAIGRETTE RECIPE**
Mix together 1 teaspoon olive oil, 1 teaspoon red wine vinegar and 1⁄4 teaspoon ground black pepper. Add 2 teaspoons of your favorite herbs and toss into salad (serve well).

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