

# salad toppers

TO MAKE YOUR SALADS  
MORE INTERESTING



Mindful Health



Eating salads is one surefire way to get enough veggies into diet daily. But when you make the same salad, day in and day out, it can grow tiresome quickly. Why not shake things up by trading up your usual salad go-to ingredients for more exotic options?

In addition to changing your base from romaine to spring mix or spinach to kale, think about ways to enhance the textures and flavors from your salad to keep you coming back for more. Aside from the usual suspects, here are some interestingly delicious salad topper ideas to make fall salads you'll fall in love with.







## variety of olives

Olives are an excellent way to add more zest to your salad, not to mention that dose of heart-healthy fats.

You'll find all different kinds of olives to choose from -- Kalamata, Spanish, and beyond. You can even marinate your own olives at home in your favorite herbs and spices to add an extra pop of flavor to your salads.





## roasted chickpeas

Chickpeas have always been a staple at salad bars and salad restaurants alike. They're an excellent source of protein and fiber. But when you roast them, you get all that with a big crunchy flavor that can even double as a healthy snack to go.

Roast them on a baking tray in the oven, adding olive oil and your favorite seasonings the last 10 minutes before it finishes. Choose coriander, cumin, chili powder, garlic powder, or any seasoning combination you desire, and you can have crunchy roasted chickpeas that fit any theme of salad you want to build.





## homemade croutons

Skip the processed stuff and make your croutons. It's so simple, and you can get really creative. Think garlic, Greek-style, or even a Tex-Mex blend.

You can even use any bread you like best, so gluten-free croutons are within reach. For a completely bread-free option, try crispy roasted, cubed root vegetables as crouton replacements.





## green onions

Why do red, yellow, and white onions get all the attention?

For something more Southwest or Asian, choose green onions to make your salad have that nice bite of onion without overpowering the rest of your ingredients.





## toss in seeds

As one of the best salad toppers around, seeds give you so much versatility. While all seeds will add a nutty flavor and texture to your salads, the best fall option is pumpkin seeds.

When carving jack-o-lanterns with the kids, save those pumpkin seeds and roast them for your best salad topper ever. They'll be great with sliced apples and butternut squash to revel in the harvest season's bounty.





## jicama

One root vegetable you should get more of is jicama. It's native to Mexico and offers a crunchy, sweet yet savory flavor. You can use it in many ways if you want a pop of citrus flavor to help you get through the cooler months. Jicama will be a perfect addition, especially with grapefruit.

Now that you've got some new suggestions for salad toppers -- give them a try, and you'll be all set for trying more salads without tiring of your ingredient options.





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