

Salad Topping Ideas

by Lori Rasmussen, My Quiet Kitchen

Vegetables

Cucumbers, Peppers, Celery, Asparagus, Carrots, Jicama, Sweet Potato, Sprouts, Squash, Broccoli, Cauliflower, Beets, Snap Peas, Red Onion, Green Onion, Mushrooms, Radishes, Corn
Depending on the veggie, try them raw, pickled, roasted, blanched or steamed.

Nuts and Seeds

Cashews, Pecans, Walnuts, Almonds, Pistachios, Peanuts, Pepitas, Hemp, Sunflower Seeds
Raw, toasted, sliced, slivered, or candied.

Grains

Quinoa, Bulgur, Rice, Wild Rice, Farro, Noodles, Pasta, Couscous

Protein-Packed Ingredients

Lentils (*Green, Brown, French Puy, Black*), Beans (*Garbanzo, Black, Pinto, Kidney, Cannellini, Adzuki, Black Eyed Peas*), Edamame, Tempeh, Tofu, Meat Alternatives

Fresh & Dried Fruit

Strawberries, Blueberries, Grapes, Apple, Pear, Figs, Persimmon, Mango, Avocado, Pomegranate, Mandarins, Grapefruit, Melons, Tomatoes, Dates, Raisins, Cranberries, Cherries, Apricots

Fresh Herbs

Cilantro, Parsley, Dill, Basil, Chives, Mint

Cheese

Feta, Parmesan, Mozzarella, Bleu Cheese, Pimento Cheese, Cottage Cheese
We use vegan versions! Find all of my vegan cheese recipes on myquietkitchen.com.

Prepared Salads

Chickpea Salad, Marinated Bean Salads, Seaweed Salad, Pasta Salad, Potato Salad

Pickled & Fermented

Classic Pickles (*dill, sweet or spicy*), Pickled Vegetables (*red onion, green beans, asparagus, etc*)
Kimchi, Sauerkraut, Olives, Olive Tapenade

Salad Dressing Alternatives

Pesto, Salsa, Relish, Guacamole, Hummus, BBQ Sauce, Kimchi, Specialty Vinegars

Crunchy

Croutons, Crumbled Chips, Crackers, Crispy Noodles, Water Chestnuts

Other

Nutritional yeast, Crumbled Nori, Dulse Flakes, Kelp Granules, Spice Blends

Source: <https://myquietkitchen.com/salad-toppings/>