

FATS MATTER GET YOURS FROM (MOSTLY) PLANTS

Did you know?

- Nuts, seeds, avocados, olives (and their oils), along with oily fish support short and long-term health.
- From a healthy heart to bright skin and a powerful brain, plant fats add much more than just a single benefit to your plate.
- Use plant-based fats strategically to add flavor and texture to your meals while also providing more satiety!



DIY Vinaigrette

Homemade vinaigrettes are easy to make and can add *amazing* flavor to your dishes. Try them for salad dressing, marinades, dips, and sauces!

The Basic Recipe

3 parts oil + 1 part acid + flavorings. Mix and enjoy!

- OILS: olive, grapeseed, avocado, canola, etc.
- ACIDS: balsamic, sherry, white or red wine vinegars; lemon, lime, or orange juice
- FLAVORINGS: fresh or dried herbs like rosemary, thyme, basil, dill, chives, oregano; spices such as chili, cumin, mustard, cloves, ginger, garlic

Chopped Salad with Sesame Vinaigrette

Makes 6 servings • 1 serving = about 1.5 cups

FOR THE SALAD:

- ½ head Napa cabbage, chopped
- 1 large handful radicchio leaves, chopped
- 1 large handful kale, chopped
- 8 small tomatoes, quartered
- ¼ cup dried cherries
- ¼ cup pomegranate arils
- 4-6 scallions, chopped
- 1 cup toasted, unsalted cashews
- a few mint leaves, chopped

FOR THE VINAIGRETTE:

- 2 tablespoons neutral vegetable oil
- 2 tablespoons rice vinegar
- 1 teaspoon sesame oil
- 1 teaspoon fresh minced ginger root
- 1 teaspoon brown sugar
- 1 tablespoon toasted sesame seeds
- Salt and pepper, to taste

Combine all salad ingredients in a large mixing bowl. In a small separate bowl or jar, combine all vinaigrette ingredients and whisk or shake well to combine.

Pour the vinaigrette over the salad; toss through with tongs to distribute evenly. Heap the salad onto a large plate and serve.