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In 150 Essential Salads, The Canadian Living Test Kitchen shares their best Tested-Till-Perfect salads -made with nutritious vegetables, grains, beans and fruit - that are perfect for everyday and entertaining meals. Packed with helpful techniques and tips, it's the perfect resource for creating the most delicious salads for any occasion.

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5 essential quinoa salad recipes By: The Canadian Living Test Kitchen These quinoa salad recipes are guaranteed crowd pleasers and will ensure your contribution to the summer potluck is a total winner!

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Lettuce — The darker or redder, the better — so think romaine and leaf lettuces (vitamin C, folic

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acid, potassium). Leafy greens — Jazz things up with spring mix, baby spinach and kale or arugula (beta-carotene, antioxidants). Pro tip: Steer clear of iceberg and other pale lettuces. Their high water content means fewer nutrients.

8 Steps to Make The Healthiest, Most Delicious Salads Ever ...

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Ingredients. ½ cup extra virgin olive oil. 1-2 cloves garlic, minced. 1 drop Basil+ essential oil food flavouring. 1 drop Black Pepper+ essential oil food flavouring. 3 drops Lemon+ essential oil food flavouring. ½ tsp salt.