

'Un-Boring' Salads

Written by Lisa Robins

Tuesday, 04 June 2013 14:34 - Last Updated Tuesday, 04 June 2013 20:07

The same vegetables and dressings, at the same places... even us busy, heathy-minded moms are looking for fresh, creative salads. While we grow bored of the same old salads, it's truly like pulling teeth to get our kids to even eat raw vegetables. Let's face it, preparing a salad is extremely time consuming... Will they eat it?



Fresh salad making requires a lot of prep time and fresh ingredients. It never ends... we shop for fresh produce, wash, peel and chop away, to later be faced with less than enthusiastic little faces, each voicing their own gripes of what they will not eat from the bowl. The fear of what they will find on their plates, as we scoop up the mounds of vegetables, definitely freaks little ones out.

Are you ready to nix mixed-salad bowl syndrome forever? Your fresh, 'un-boring' salad bowl makeover starts with putting your old muffin pan to use. By creating this simple, mini salad bar, we can offer multiple options for picky eaters, and best of all, the little compartments require only about a cup of each ingredients.

From Boring...



To Appealing!

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Muffin Tin Salad Bar Recipes

Grab a standard muffin tin with 12 compartments and get creative!

China Chop Chop Salad Bar

Shredded Iceberg Lettuce

Shredded Carrots

Shelled Edamame

Cherry Tomatoes

Snap Pea Crisps

Sliced Red Bell Peppers

Sliced Yellow Bell Peppers

Cutee Tangerine Segments

Sliced Cucumbers

Snow Pea Pods

Slivered Almonds

Low Sodium Soy Sauce or Liquid Braggs

Arizona Sunshine Salad Bar

Chopped Romaine Lettuce

Chopped Spinach

Shredded Purple Cabbage

Diced Roma Tomatoes

Chopped Cucumber

Diced Avocado

Chopped Chicken Breast

Corn

Shredded Low Fat Cheddar Cheese

Black Beans

Baked Tortilla Chips Crushed

Annie's Cowgirl Ranch Dressing

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LISA ROBINS
FITNESS AND WELLNESS COACH



Lisa is a local [redacted] and proud [redacted] of 2, with a passion to inspire Moms and [redacted] to be [redacted]. When she is not training her clients, or developing cutting-edge wellness programming exclusively for La Camarilla Racquet & [redacted], she shares her knowledge in many national fitness magazines and websites such as Oxygen, Max [redacted], M&F Hers and Brooke Burke's ModernMom.com.
www.LisaRobinsFitness.com