Athlete's Salad

MORE THAN JUST GREENS

Our TrueFood Athlete's Salad is a salad prepared as the main dish. Fresh salads are great for recovery, but in order to replace what was lost during sport, salad must be more than just greens. While fresh greens provide plenty of vitamins and minerals important for recovery, they do not restore your energy levels. Carbohydrates, such as fresh or dried fruit, grains, pastas, potatoes, breads, or tortillas, are the main source of energy for athletes.

Protein is also essential in the TrueFood Athlete's Salad, as it helps repair and build muscle post-exercise. Some great protein sources include local eggs, free range poultry, ethically caught fish, grains, beans, or soy. Athletes also need fat, especially those from healthy oils, such as olive oil, nuts, seeds, or avocado. Fat is a great energy source and also delivers vitamin E and other antioxidants that protect cells from damage and aid in quick recovery.

INGREDIENTS

- 2 handfuls of fresh, seasonal greens
- 1/4 cup of carrots
- 1/4 cup of radishes
- 1 medium potato
- 2 local eggs
- 1/4 cup beans, soaked and cooked
- 1-2 Tbsp olive oil
- 3-4 Tbsp vinaigrette(see our Springtime Vinaigrette Dressing recipes)
- Fresh or dried herbs
- Fresh or dried fruit, nuts, seeds
- Salt and pepper to taste

DIRECTIONS

For a TrueFood Athlete Salad, it's important to include a protein source (such as eggs), a carbohydrate source (such as potatoes), and a fat source (such as olive oil.) The above ingredients were selected because they are in season in the spring and early summer. Choose different ingredients based on what's in season.

1. Toss all greens and chop ingredients to desired size.
2. Scrub potatoes and cut in half.
3. Add olive oil and toss in a roasting pan.
4. Roast at 350F for 25 minutes.
5. Place salad in a mixing bowl, add a vinaigrette.
6. Pan poach or boil eggs to your liking.
7. Arrange salad on plate and sprinkle with beans, fruit, nuts, and seeds.

This recipe can be made: Vegan, Gluten-free, Dairy-free, Nut-free