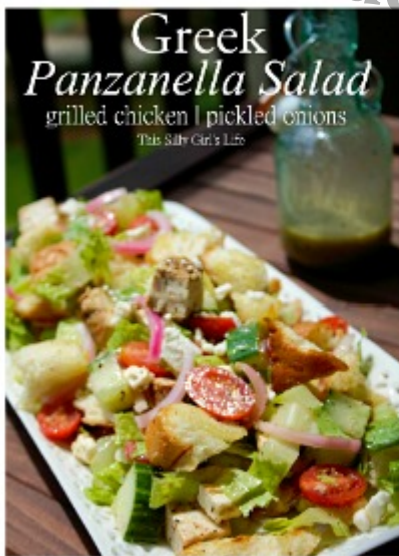




## 11 Salad Recipes

### Description

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I've rounded up 11 salad recipes for healthier eating inspiration. During the winter months I crave comfort foods like soups and stews, but I'm ready to put my soup pot away and start making more salads. Fresh air and spring weather inspire me to eat more fruits and vegetables. It also helps that many fruits and vegetables I enjoy like strawberries and asparagus are in season this time of year.

I started a new exercise training program which has also inspired me to eat a little healthier. Over the next few months I'll be sharing more spring inspired recipes. If you love desserts like I do, have no fear because I will still be sharing my share of sugary treats. In the meantime though I will be making these yummy salads.

Warm Beet Salad with Goat Cheese from [Design, Dining and Diapers](#)

Greek Panzanella Salad from [This Silly Girl's Life](#)

Best Ever Blueberry Salad from [The Happy Gal](#)

BBQ Chicken Salad from [I Heart Naptime](#)

Chicken, Bacon & Avocado Chopped Salad from [Gimme Some Oven](#)



Spinach Strawberry Salad from [The Yummy Life](#)

Spinach Salad with Chicken, Avocado and Goat Cheese from [Recipe Girl](#)

Thai Chicken Salad from [Jo Cooks](#)

Black Bean Taco Salad from [My Recipes](#)

California Green Salad from [Taste of Home](#)



This [St. Louis Spinach Salad](#) I shared [here](#) is a great side salad to bring to potlucks or BBQs.

Enjoy!

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