

Recipe for Clifton's Chopped Salad

Here's my mother-in-law's go-to salad. It's as versatile as it is lifesaving because you can pick at it all week and it just gets better over time. Proportions are vague and unimportant. Just strive for a mix of colors; cut the veggies into uniform sizes; and supplement with protein (roasted chicken, beans, cheese) when you serve, but only if you want. Store in a large container in the fridge. As my in-laws say, you can even use defrosted frozen vegetables "if you've got a baby crawling at your feet." (They take care of my sister-in-law's baby, so chop-time is often limited.)

Shredded carrots

Diced yellow squash

Diced zucchini

Diced red onion

Green beans

Halved grape tomatoes

Diced red bell pepper

Dried cranberries

Toasted walnuts

Cooked and cooled pearl barley (or grain of your choice)

Newman's Own Light Balsamic Vinaigrette (or dressing of choice)

Combine all ingredients in a large bowl and stir. Store in the fridge.