

**Here's a list of favorite salad toppings compiled by [Deliciously Organic](#) readers. I hope you'll find it helpful! [Click here](#) for homemade salad dressing ideas and recipes. Enjoy!**

### **Vegetables**

Roasted beets (pickled; beet root; & golden)  
Roasted butternut squash  
Bell peppers (yellow; red; green; & orange)  
Carrots  
Cucumbers  
Red onion  
Tomatoes (sun-dried; grape; wedges)  
Peas  
Celery  
Artichoke hearts  
Banana peppers  
Scallions  
Radishes  
Red cabbage  
Avocados  
Mushrooms  
Jalapeños  
Spinach  
Romaine lettuce  
Butter lettuce  
Raw swiss chard  
Jicama  
Garlic

### **Fruits**

Orange sections  
Sliced strawberries  
Raspberries  
Kalamata olives  
Apples (sliced)  
Lemon  
Pears  
Blueberries  
Mangoes  
Grapefruit

Mandarin oranges  
Peaches  
Grapes  
Pomegranate seeds  
Currants  
Pineapple chunks  
Olives  
Berries  
Garlic-stuffed olives  
Dried apricots  
Raisins (golden)  
Dried cranberries  
Dried cherries

### **Grains and Legumes**

Alfalfa sprouts  
Chickpeas  
Lentils  
Beans  
Bean sprouts  
Brown rice  
Corn

### **Meats**

Ham  
Bacon  
Chopped smoked chorizo  
Prosciutto  
Leftover taco meat  
Salami  
Pork  
Cooked chicken  
Shredded rotisserie chicken  
Salmon  
Grilled chicken breast  
Marinated, grilled chicken  
Duck  
Grilled salmon

**Dairy**

Bleu cheese  
Goat cheese (crumbled)  
Feta cheeses  
Organic mild cheddar  
Cheese  
Raw cheese  
Mozzarella  
Shaved Manchego cheese  
Gorgonzola  
Fried Haloumi cheese

Mustard Italian dressing  
Sea salt  
Homemade garlicky vinaigrette  
Celery seed  
Red wine vinegar  
Citrus vinaigrette  
Fermented Soy and tamari sauce

**Nuts and Seeds**

Lightly toasted pistachios  
Almonds (slivered; sliced; chopped; Valencia;  
& toasted, shaved)  
Nuts  
Sunflower seeds  
Pumpkin seeds (raw)  
Walnuts (candied & caramelized)  
Pecans  
Hemp seeds/hearts  
Cashews  
Sesame seeds  
Hazelnuts  
Toasted pine nuts  
Quinoa

**Misc.**

Egg  
Hot sauce  
Hard-boiled eggs  
Extra-virgin olive oil  
Balsamic vinegar  
Apple cider vinegar  
Vinegar  
Fruit-sweetened vinaigrette  
Pumpkin oil  
Basil  
Poppyseed dressing  
Dijon balsamic vinaigrette  
Salsa  
Italian or Greek dressing