

# Tips for a Yummy Salad

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*Slow Medicine: The Best  
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**Color** – feast your eyes by tossing an array of bright colors into a bed of greens

**Texture** – surprise your mouth by mixing up crunchy, juicy, smooth, and chewy foods

**Taste** – wow your taste buds with a combination of bitter, sweet, salty, and sour flavors

**Arrangement** – approach your salad like a work of art, adding pretty garnishes