

# Reader's digest

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## 8 Healthy Salad Ingredients That Perk Up Your Meal

Experiment with one of these chef- and nutritionist-approved ingredients to make your basic salad more interesting.

By Lauren Gelman



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### Fennel, roasted for sweetness

"I love adding cooked vegetables in my salads, served either warm or cold. At the Meatball Shop we often use roasted fennel as a way to add richness and sweetness to a salad without adding sweeteners or fat."

—Daniel Holzman, co-owner and chef of *The Meatball Shop*, fast-casual restaurant with five New York City locations

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