

## Lettuce Rejoice

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### Four ways to fend off salad fatigue



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If you're suffering from salad fatigue at this point in the summer, our friend chef Randy Rabney has a pick-me-up. "My approach is: Figure out how to make one thing, then vary it. It's easy, and you don't get bored," she says. Her four never-fail combos:

- Pear, parmesan cheese, walnuts, olive oil, lemon juice or balsamic vinegar, sea salt
- Roasted beets, feta cheese, walnuts, olive oil, balsamic vinegar
- Apple, sharp cheddar cheese, toasted pumpkin seeds, olive oil, balsamic vinegar
- Crabmeat, avocado, mango, toasted sesame oil, soy sauce

—Randy Rabney is the founder of [www.theconsciousplate.com](http://www.theconsciousplate.com) and author of *Delicious for Life*