Enjoy These Fall-Inspired Salads For Lunch

Salad is the perfect healthy meal to have in the fall, since there are so many yummy fruits and vegetables you can use. While you can combine any ingredients you like, the following salads are perfect for fall.

**Spinach, Fruit, and Pecans Salad**

This first salad combines tasty greens, nutritious and sweet fruit, and of course some pecans on top. It is good to start with a bed of greens, preferably spinach. These are in season during the fall, extremely good for you, and low in fat. Spinach also happens to be the perfect green when you want to have fruit on your salad. On top of the spinach, add your favorite fall fruits, such as pomegranates and pears, figs, or some cranberries. You can then top your salad with a handful of pecans and a sprinkle of feta cheese.

**Brussels Sprouts, Hazelnuts, and Cranberries Salad**

This is a very simple salad that you will prepare with fall vegetables, though you are going to use a different combination. Start with a bed of your favorite greens, then add some roasted and cooled brussels sprouts. You can then add some cranberries to the top of your salad and finish it off with some chopped hazelnuts. This salad tastes great with a lighter dressing like oil and vinegar, balsamic vinegar, or even vinaigrette like raspberry or strawberry vinaigrette.

**Fall Harvest Salad**

The thing that makes this salad different is that you are going to use unlimited fruits, vegetables, and nuts in the salad. Try to add more than you would add to your other salads, making it filled with different vegetables. You can make a salad with both apples and pears, cranberries, squash, pumpkin, Brussels sprouts, pecans, and pine nuts. Imagine how tasty and nutritious this big fall harvest salad would be.

**Cinnamon Apple and Walnut Fruit Salad**

This salad is more of a side dish or a snack, as opposed to a salad with greens that you would use to replace a meal. It can also be a tasty and healthy dessert option during the fall. Start with some chopped apples and sprinkle cinnamon over the top of them. Then add chopped walnuts, and combine the salad. You can also add some other chopped fruits if you like, such as cranberries, pears, and grapes.

Try to make a salad with ingredients you don’t eat often, such as trying kale if you typically eat other greens, or adding fruit to your salad if this is new to you.