

DININGOUT

BEST SALADS IN DALLAS RIGHT NOW: LEAF IT TO US

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Where to make a meal of fresh veggies, juicy meats, and crave-worthy dressings.

At this point in the year, many people have landed somewhere between winding down their New Year's resolutions and swimsuit season, so naturally, looking to lighter, healthier meals makes a lot of sense. A truly great salad surely fits the bill, providing enough nutrition to fuel your day without weighing you down, which is especially important as we approach months of intense Texas heat.

Entrée salads may be among the most versatile items on any menu. They're easy to make vegan or vegetarian. Add grilled chicken, salmon, or steak, and they become a heartier, protein-packed option.

Read on for some best bets (and a few best beets) at restaurants across DFW where creative, colorful salads give vegetables their moment in the sun, either as a vitamin-packed starter or main event.

Eatzi's Market & Bakery

Build your own salad online, through the app, or in person at Eatzi's. Choose up to two types of greens and up to 28 (yes, 28!) toppings with your choice of dressing for under \$10, making this a real salad bargain. Add on animal-based protein for as little as \$4 more. Multiple locations, eatzis.com

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