

# Fix a healthy, big salad to eat at home or work

**M**y new friend Tracy and I stood in a long line at The Big Salad in Novi wondering if we should stick it out or return another day.

"It looks like people discovered our secret," I told her.

"I think there was a restaurant review or something," she said.

Tracy and I had never met until that day, but we were both regulars at The Big Salad, a place I visit two to three times a week for fresh, healthy salad. I love the place and am normally able to whisk in and out for carry out or dine in.

But someone discovered my secret. And, yes, I was planning on telling you about it soon.

There are four locations in Metro Detroit with two more on the way. I am an advocate for the place. This is a healthy and delicious way to get more vegetables in your diet. They also have grilled chicken and salmon to top your salad. They have sandwiches and soups, but the sodium for the soup is a little high for my liking, so I stick with the salads.

Here is how it works. You order a big baby (four toppings) or big salad (seven toppings) and the counter person asks what type of lettuce you want and they put on the toppings for you. You choose a dressing and they chop and mix all the ingredients together.

Of course, you can do your own big salad at home by stocking the fridge with plenty of vegetables, lettuce and chopping it up yourself.

Don't look at it as eating the same old salad every day. You can mix up vegetables and salad dressings and create an entirely

new taste every day.

As for the restaurant, I went to a similar place two summers ago in Manhattan near the museums by Central Park. It is fun picking your favorite toppings

and watching the servers chop it up, call out salads and pile the ingredients on your plate.

I was hoping the concept would come to Detroit and it finally has.

Someone opened a place on Northwestern Highway, but I could not take it because my

vegetables and meats were often frozen. I stopped going.

But I gave The Big Salad on Woodward in Birmingham a try, and was thrilled when they opened a place near me.

It is good for you and you can get different salads and different tastes each visits. They have options made from their own recipes. Or you can make your own.

How good is it? My son, Brandon, usually enjoys going to Pei Wei next door, but sometimes he asks if we can go to The Big Salad during our Saturday afternoon hang-out sessions. My daughter, Celine, who doesn't like other salads, takes The Big Salad salads to school for lunch.

My normal salad has 460 calories, 8 grams of saturated fat, 9 grams of dietary fiber and 21 grams of protein. Here is what makes it better: I eat half for lunch and half for dinner. They are that big.

Maybe that is why they call it The Big Salad.

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