

Salad-A-Day



Salads are a great way to add nutrients and fiber to your diet, while providing a variety of textures and tastes. By creating a 'salad bar' in your fridge, you can easily customize lunch or supper to your taste in just a few minutes.

Purchase a variety of fresh produce each week. When you get home, clean and cut them. Store each item in a tight sealing clear plastic bag or reusable container. Stack in the vegetable drawer of the fridge for a personal salad bar.

Mixed greens (lettuce, spinach, kale, cabbage)

Cheese (sliced or crumbled) (swiss, cheddar, feta, etc.)

Cooked meat (deli ham, turkey, beef, or diced leftovers) or

Hard cooked egg (sliced)

Cherry or chopped tomatoes

Diced raw vegetables (cucumbers, carrots, peppers, broccoli, cauliflower, onions, beets, avocado, etc.)

Cooked vegetables (Try corn, beets, black beans, garbanzo beans, kidney beans, etc.)

Raw fruits (chopped or sliced apples or banana, blueberries, strawberries, blackberries, raspberries, etc.)

Dried fruits (cranberries, raisins, blueberries, etc.)

Chopped nuts (toasted almonds, pecans, walnuts, peanuts) and/or seeds (toasted pumpkin, sunflower, chia)

Salad dressing(s) of your choice. Consider low-cal, oil and vinegar or vinaigrettes instead of creamy dressings.

When it's time to make your daily salad, just select from your prepared items to customize a salad to your taste.

Start with 1 – 2 cups of leafy greens, add $\frac{1}{2}$ - 1 cup total of vegetables and fruits, and 1 -3 oz protein (meat, cheese, egg). Garnish with nuts and/or seeds, and serve with 2 tablespoons of salad dressing on the side.

(a healthy hint- dip a forkful of salad into dressing to reduce the total amount of dressing used and save calories).