

Create a Tasty, Healthy Main Dish Salad

In a large bowl layer the following . . .

- 1) 2 cups of any combination of the following:

Romaine or red leaf lettuce
Spring lettuce mix
Fresh spinach
Shredded white or red cabbage



- 2) 1 cup of any combination of the following:

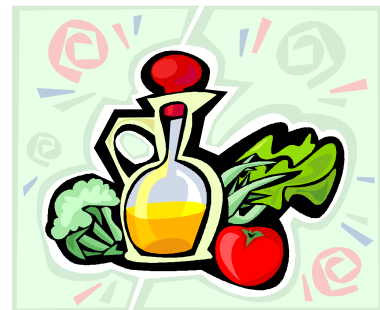
Chopped or shredded carrots	Cucumber slices
Tomato wedges or cherry tomatoes	Broccoli or cauliflower florets
Red onion slices	Chopped apple or pear
Diced sweet peppers (green, yellow, orange or red)	

- 3) $\frac{1}{2}$ cup of any combination of the following:

Diced turkey, chicken or lean roast beef
Canned tuna or salmon (drained)
Canned pinto, garbanzo or black beans (drained and rinsed)
Cooked ground beef with taco seasoning
Marinated tofu, diced

- 4) $\frac{1}{4}$ cup of any combination of the following:

Croutons
Baked tortilla chips
Roasted soy nuts
Low fat shredded cheese



- 5) 2 Tbsp. of a "light" or fat free salad dressing

Salads are a great way to get in a **lot** of vegetable servings and they are filling, nutritious and delicious! Choose a variety of colorful vegetables (red, yellow, orange and dark green). Go easy on the salad dressing - most regular dressings have 100 to 200 calories **per 2 Tbsp.**

For a tasty salad topper, mix together 2 Tbsp fresh lemon juice, 2 tsp olive or canola oil, 1/8 tsp crushed garlic, and a dash of salt and pepper.