

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



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.