Healthy Eating: Salad Suggestions

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Salads are quick and easy to make and have endless possibilities! Paired with whole-grain crackers or whole-wheat bread, salads make healthy and convenient meals. Try some of these ideas for your next salad:

- Choose a variety of colorful lettuce such as romaine, red leaf, or green leaf lettuce or spinach. These choices have more nutrients than iceberg lettuce.

- Make a salad from canned vegetables. Mix two or more chilled vegetables such as sliced carrots, beets, cut green beans, or corn.

- Mix vegetables and fruits for a new taste. Try apple slices, blueberries, or strawberries on spinach leaves.

- Add canned beans to your favorite salad. Experiment with kidney or lima beans, green beans, or chickpeas (garbanzos).

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• Go easy on high-fat, high-calorie dressings. Instead, buy low-fat dressing or make your own from lemon juice, lime juice, or vinegar and vegetable or olive oil.

• To add flavor and zest to your salads, mix in chopped, fresh herbs.

• Layer tomato slices on lettuce or spinach. Top with low-fat cottage cheese.

• Add protein to your salad with low-fat cubed or shredded cheese, chopped hard-cooked eggs, a handful of chopped nuts, cubed tofu, or canned tuna fish or chicken.

** Produce Pointers **

• Don’t wash produce until you are ready to use it; your veggies will stay fresh longer.

• Freeze leftover chopped peppers, mushrooms, and onions for later use.

• If possible, shop with a friend or relative and plan to share a head of lettuce or other produce if you can’t use it within 3 or 4 days.