

Dinner Salads

You can make a meal out of a salad.

Start with veggies – lettuce, tomatoes, carrots and more veggies.

Toss in some meat, eggs or cheese for protein and you have a complete meal.



1 Choose a dark green lettuce such as romaine or leaf lettuce.

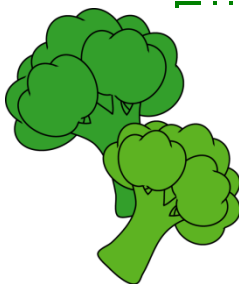
The dark green color of lettuce means more nutrition!

2 Toss in some colorful fruits and vegetables.

- Add shredded carrots, broccoli, bell peppers or tomatoes for vitamin A.
- Toss in tomatoes, bell peppers, shredded cabbage, strawberries, kiwi fruit or pineapple for vitamin C.
- Add spinach, broccoli or mandarin oranges for folic acid.

3 Add protein to your salad.

- Top with chopped deli ham, turkey, smoked turkey or roast beef.
- Or top with cooked chicken strips.
- Try chopped hard cooked eggs.
- Sprinkle with shredded cheese – try cheddar, mozzarella or parmesan cheese.



4 Top with a low fat salad dressing.

Try making the homemade Ranch Salad Dressing.

Eat salads full
of color and nutrition

Great salads

start with great lettuce.

Romaine lettuce has 10 times more vitamin A and 7 times more vitamin C than iceberg lettuce.

Leaf lettuce has 10 times more vitamin A and 5 times more vitamin C than iceberg lettuce.

If your family is not used to eating darker green lettuce, start slow.

Mix iceberg lettuce with romaine lettuce or leaf lettuce.

Fajita Chicken Salad

- 1 Cut a chicken breast into thin strips. Heat oil in a large skillet. Add chicken and stir fry for 5 minutes or until chicken is light brown and no longer pink. Remove chicken from skillet.
- 2 Heat 1 tablespoon oil in skillet. Add chopped onions, green and red peppers to skillet. Stir and fry for 3 to 4 minutes.
- 3 Add chicken back to skillet. Sprinkle with Cajun seasoning. Top lettuce with chicken vegetable mixture.

Homemade Ranch Salad Dressing

Dry Ranch Mix:

- 2 tablespoons dried parsley flakes
- 5 tablespoons dried minced onions
- 1 tablespoon salt
- 1 teaspoon garlic powder

Mix together and store in an air tight container until ready to use.

To make Ranch salad dressing, mix together...

- 1 cup low fat mayonnaise
- 1 cup low fat buttermilk
- 3 tablespoons dry ranch mix

Chill salad dressing for a couple hours in the refrigerator before serving to blend flavors together. Shake and serve.

Serve Ranch salad dressing on...

- Lettuce salads
- Pasta and veggie salads
- Dip raw veggies in ranch dressing



Clean out your cupboards

Do you buy the groceries for your family?

You can decide what types of foods your family will be eating at home.

Take time to slow down at the store, read the labels, and choose the best foods for your family.



Variations for Ranch Mix – Add any of these ingredients for a different flavor...

- 1 tablespoon dried chopped chives
- 1 tablespoon dried dill weed
- ½ teaspoon celery salt (decrease regular salt in recipe by ½ teaspoon)
- ¼ teaspoon ground black pepper



What can you do?

- Make a dinner salad with meat and fresh vegetables.
- Make the homemade Ranch salad dressing.
- Clean out my cupboard, and stock it with healthy foods.
- Other: _____