

# Jazzy Salads...

## Much more than lettuce!



Forget about your traditional iceberg lettuce and bottled salad dressing!

Fresh salads can be fun and easy to make – not to mention nutritious!

Most salads are made with a variety of fresh vegetables containing vitamins, minerals, and fiber, which are essential for our health and may even prevent disease. Most salads are also low in calories and fat, an important part of any well-balanced diet. Salads can be much more than just vegetables! They can be eaten as a side dish or as an entire meal. Check out these tips for jazzing up your lettuce salad:

**1 Start out with some fresh lettuce** – the darker green it is, the more nutrients it has.

Try mixing several kinds of lettuce, such as:

- Arugula
- Spinach
- Cabbage
- Romaine
- Chicory
- Butterhead
- Watercress
- Red Leaf
- Fennel
- Radicchio

**2 Add a variety of fresh veggies!**

- Artichoke
- Mushrooms
- Asparagus
- Onion
- Beets
- Parsley
- Broccoli
- Tender Parsnips
- Carrots
- Peppers
- Cauliflower
- Radishes
- Celery
- Scallions
- Corn
- Sugar Snap Peas
- Cucumber
- Tomato
- Ginger
- Turnips
- Jicama
- Water Chestnuts
- Kohlrabi
- Frozen Peas
- Leeks

**3 Experiment with new flavors!** Add untraditional salad ingredients:

- Strawberries
- Dried Cranberries
- Pecans
- Grapes
- Pineapple
- Almonds
- Apples
- Olives
- Pine Nuts
- Mandarin Oranges
- Peanuts
- Soy Nuts
- Raisins
- Walnuts

### Lettuce Tips...

- Use lettuce as soon as possible after purchase.
- When storing, remove wilted leaves, and only wash prior to using.
- As with all produce, the outer surface may carry dirt and bacteria. After removing the outer leaves, wash your hands before rinsing and chopping the inner leaves to prevent contamination.
- Use a salad spinner for lettuce leaves or other veggies. Your salad will taste fresh without the excess water from washing, and it will last longer when stored.
- Keep unwashed lettuce in a perforated plastic bag in the vegetable crisper.

**Choose Wisely, Choose HEALTH!**

To learn more, please call OSF Saint Francis Wellness Services at (309) 282-1624.



**4 Top it off with a light and flavorful dressing!**

- Choose an oil-based dressing more often than a creamy one.
- When choosing a creamy dressing, try a “light” version.
- “Fat-free” types can be higher in sodium and lower in taste!
- Try making your own dressing
- Use low-fat cottage cheese instead of dressing
- Stick to 2 Tbsp of any kind of dressing

**5 Go easy on the “extras.”** Some additions to salads can add too many calories and fat. Here are some things to use sparingly:

- Bacon
- Fried Noodles
- Croutons
- Egg
- Pasta and Potato Salads

**6 Make it a meal!** Any salad can become a meal by adding a source of protein to it. Try these:

- Grilled Chicken
- Grilled Pork
- Steak Strips
- Shrimp
- Salmon
- Garbanzo Beans
- Black Beans
- Kidney Beans

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## Apple Cranberry Salad Toss

### Ingredients:

- 1 (10 oz) Package Salad Greens (about 10 cups)
- 2 Medium Apples (sliced)
- 1 cup Walnut Halves (toasted)
- 1 cup Sweetened Dried Cranberries
- 1/2 cup Sliced Green Onion
- 3/4 cup Fat-free Raspberry Vinaigrette Dressing

### Directions:

1. Toss greens, apples, walnuts, cranberries, and onions in large bowl.
2. Add dressing, toss to coat. Serve immediately. Makes 8 servings.

*Nutrition Facts:* Serving Size: 1 1/2 cups: Calories 188, Total Fat 8 g, Saturated Fat 0.5 g, Fiber 3 g, Carbohydrate 27 g, Sodium 139 mg, Protein 4 g, Cholesterol 0 mg

