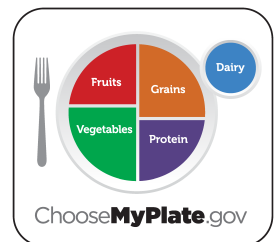




United States Department of Agriculture

# MyPlate KITCHEN

## SALADS



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# Citrus Salad



**Makes:** 8 servings

This recipe can help make half your plate fruits and vegetables. Grapefruit sections are a great addition to fruit or green salads.

## Ingredients

- 1 grapefruit (peeled)
- 1 orange (peeled)
- 10 cup fresh greens (lettuce)
- 1 red onion (small, sliced thin)
- 2 tablespoon cider vinegar
- 1 tablespoon lime juice
- 1 tablespoon vegetable oil
- 1 tablespoon water
- 1/4 teaspoon black pepper
- 1/4 teaspoon cumin

## Directions

1. Cut fruit into bite size pieces.
2. Toss with lettuce and onion. Mix remaining ingredients for dressing. Drizzle over salad and toss just before serving.

Source: Ponichtera, Brenda RD  
ScaleDown Publishing, Inc., Quick and Healthy, Vol.II, 1995, p.100

## Nutrition Information

**Serving Size:** 1/8 of recipe (153g)

Nutrients	Amount
-----------	--------

<b>Calories</b>	<b>48</b>
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<b>Total Fat</b>	<b>2 g</b>
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Saturated Fat	0 g
---------------	-----

Cholesterol	0 mg
-------------	------

<b>Sodium</b>	<b>8 mg</b>
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<b>Total Carbohydrate</b>	<b>8 g</b>
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Dietary Fiber	2 g
---------------	-----

Total Sugars	6 g
--------------	-----

Added Sugars included	0 g
-----------------------	-----

<b>Protein</b>	<b>1 g</b>
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Vitamin D	0 mcg
-----------	-------

Calcium	26 mg
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Iron	0 mg
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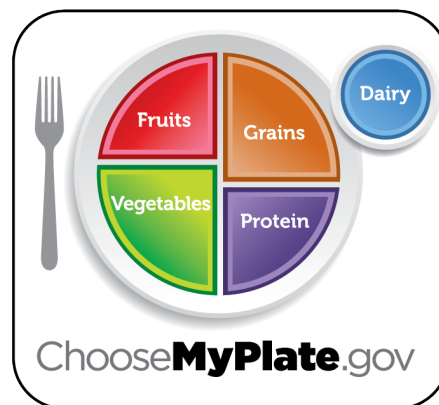
Potassium	191 mg
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Note: only nutrients that are available will show on this display

## MyPlate Food Groups

 Fruits 1/4 cups

 Vegetables 3/4 cups



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# Fruit Salad with Jicama



**Makes:** 7 servings

Mango and papaya add a tropical flavor to this fruit salad while chili powder gives it a kick. The jicama provides a refreshing crunch and the result is a fruit salad that's sure to please.

## Ingredients

- 3 cup jicama, sliced (small)
- 2 cup watermelon (cut into pieces)
- 1 mango
- 1 papaya (small)
- 1 lime
- 2 kiwi
- 1 teaspoon lime or orange juice
- 1/4 teaspoon salt
- 1/4 teaspoon chili powder

## Directions

1. Wash, peel, and cut the jicama into thin slices.
2. Wash, peel, and cut the rest of the fruit into slices or medium sized pieces.
3. On a large plate, arrange the fruit. Sprinkle the lime or orange juice over the fruit.
4. In a small bowl, mix the salt and chili powder. Sprinkle over the fruit and serve.
5. Refrigerate leftovers within 2 hours.

Source: Oregon State University Cooperative Extension Service, Pictorial Recipes  
Lynn Myers Steele, 2000  
Oregon Family Nutrition Program

## Nutrition Information

**Serving Size:** 1/7 of recipe

Nutrients	Amount
-----------	--------

<b>Calories</b>	<b>86</b>
-----------------	-----------

<b>Total Fat</b>	<b>0 g</b>
------------------	------------

Saturated Fat	0 g
---------------	-----

Cholesterol	0 mg
-------------	------

<b>Sodium</b>	<b>94 mg</b>
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<b>Total Carbohydrate</b>	<b>21 g</b>
---------------------------	-------------

Dietary Fiber	5 g
---------------	-----

Total Sugars	13 g
--------------	------

Added Sugars included	0 g
-----------------------	-----

<b>Protein</b>	<b>1 g</b>
----------------	------------

Vitamin D	0 mcg
-----------	-------

Calcium	31 mg
---------	-------

Iron	1 mg
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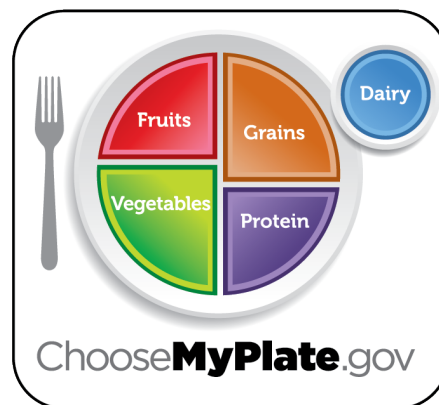
Potassium	337 mg
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Note: only nutrients that are available will show on this display

## MyPlate Food Groups

 Fruits 3/4 cups

 Vegetables 1/2 cups



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# Broccoli Salad



**Makes:** 8 servings

Chopped broccoli, raisins, onion and crumbled bacon make this colorful salad a tasty side dish.

## Ingredients

- 6 cup broccoli (chopped)
- 1 cup raisins
- 1 red onion (medium, peeled and diced)
- 2 tablespoon sugar
- 8 bacon slices (8 slices, cooked and crumbled, optional)
- 2 tablespoon lemon juice
- 3/4 cup mayonnaise, low-fat

## Directions

1. Combine all ingredients in a medium bowl.
2. Mix well.
3. Chill for 1 to 2 hours.
4. Serve.

Source: Arizona Nutrition Network, Healthy Lifestyles 2003  
In the Kitchen with Chef Stephanie Green

## Nutrition Information

**Serving Size:** 1/8 of recipe

Nutrients	Amount
-----------	--------

<b>Calories</b>	<b>174</b>
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<b>Total Fat</b>	<b>9 g</b>
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Saturated Fat	1 g
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Cholesterol	7 mg
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<b>Sodium</b>	<b>198 mg</b>
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<b>Total Carbohydrate</b>	<b>23 g</b>
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Dietary Fiber	3 g
---------------	-----

Total Sugars	16 g
--------------	------

Added Sugars included	3 g
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<b>Protein</b>	<b>3 g</b>
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Vitamin D	0 mcg
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Calcium	44 mg
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Iron	1 mg
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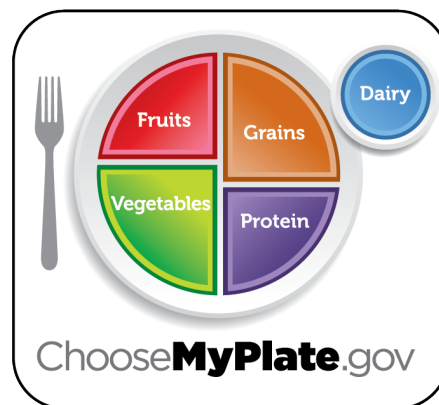
Potassium	375 mg
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Note: only nutrients that are available will show on this display

## MyPlate Food Groups

 Fruits 1/4 cups

 Vegetables 3/4 cups



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# Main Dish Salad



**Makes:** 12 servings

Crunchy and colorful, this salad is packed with vegetables, flavor, and Vitamin C & A.

## Ingredients

- 1/2 head of red cabbage
- 1/2 head of romaine lettuce
- 3 carrot (medium)
- 1 cucumber
- 1 green pepper
- 2 broccoli stalks
- 3 tomatoes (medium)
- 32 can kidney beans or garbanzo beans (16 ounce)
- 6 ounce cheese, grated low-fat cheddar
- 1/4 cup salad dressing, non-fat

## Directions

1. Wash and drain all vegetables well.
2. Thickly slice red cabbage, tear lettuce into pieces, peel and grate (or slice) carrots and cucumber, cut broccoli into florets and tomato into wedges.
3. Combine all salad ingredients in a bowl.
4. Add salad dressing and toss together lightly just before serving.

Source: University of Illinois, Extension Service, [Wellness Ways Resource Book](#)

## Nutrition Information

**Serving Size:** 1/12 of recipe (222g)

### Nutrients Amount

**Calories 157**

**Total Fat 2 g**

Saturated Fat 1 g

Cholesterol 3 mg

**Sodium 315 mg**

**Total Carbohydrate 26 g**

Dietary Fiber 9 g

Total Sugars 6 g

Added Sugars included 0 g

**Protein 12 g**

Vitamin D 0 mcg

Calcium 166 mg

Iron 3 mg

Potassium 867 mg

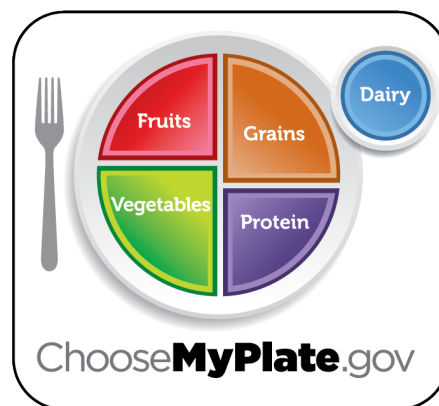
Note: only nutrients that are available will show on this display

## MyPlate Food Groups

 Vegetables 2 3/4 cups

 Protein Foods 1 ounces

 Dairy 1/6 cups



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# Italian Pasta Salad



**Makes:** 8 servings

Fresh and crunchy broccoli, carrot, bell pepper, and green onion, make this easy and delicious pasta salad burst with flavor! This pasta salad would be an excellent side dish to grilled meat, fish, or tofu.

## Ingredients

- 4 cup pasta, cooked
- 2 cup broccoli (blanched, pieces)
- 1 cup carrot (cooked, slices)
- 1/2 cup red pepper (strips)
- 1/4 cup green onion (sliced)
- 1/2 cup Italian salad dressing, light or reduced fat (can use 1/2 to 3/4 cup)

## Directions

1. Mix all ingredients together and refrigerate for about 30 minutes before serving.

Source: Oregon State University Cooperative Extension Service,  
[Oregon's Healthy Harvest Recipes](#)

## Nutrition Information

**Serving Size:** 1/8 of recipe (153g)

### Nutrients Amount

**Calories 135**

**Total Fat 1 g**

Saturated Fat 0 g

Cholesterol 0 mg

**Sodium 183 mg**

**Total Carbohydrate 27 g**

Dietary Fiber 3 g

Total Sugars 3 g

Added Sugars included 0 g

**Protein 5 g**

Vitamin D 0 mcg

Calcium 28 mg

Iron 1 mg

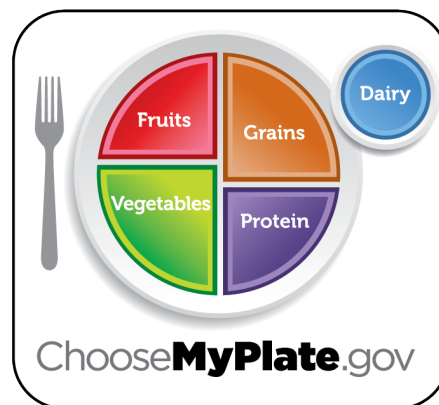
Potassium 195 mg

Note: only nutrients that are available will show on this display

## MyPlate Food Groups

 Vegetables 1/2 cups

 Grains 1 ounce



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# Apple Cranberry Salad Toss



**Makes:** 8 servings

Enjoy the best of fall flavors with this sweet and tart green salad. Light yet crisp, it's a perfect dish for the autumnal change of weather.

## Ingredients

- 1 head of lettuce (about 10 cups)
- 2 apples (medium, sliced)
- 1/2 cup walnuts (chopped)
- 1 cup dried cranberries
- 1/2 cup green onion (sliced)
- 3/4 cup vinaigrette dressing

## Directions

1. Toss lettuce, apples, walnuts, cranberries, and onions in a large bowl.
2. Add dressing; toss to coat. Serve immediately.

Source: USDA Food and Nutrition Service, Creative Recipes for Less Familiar USDA Commodities Used by Household Programs  
Food Distribution Service

## Nutrition Information

**Serving Size:** 1/8 of recipe (157g)

Nutrients	Amount
-----------	--------

<b>Calories</b>	<b>174</b>
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<b>Total Fat</b>	<b>10 g</b>
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Saturated Fat	1 g
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Cholesterol	0 mg
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<b>Sodium</b>	<b>227 mg</b>
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<b>Total Carbohydrate</b>	<b>22 g</b>
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Dietary Fiber	3 g
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Total Sugars	17 g
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Added Sugars included	9 g
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<b>Protein</b>	<b>2 g</b>
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Vitamin D	0 mcg
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Calcium	30 mg
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Iron	1 mg
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Potassium	206 mg
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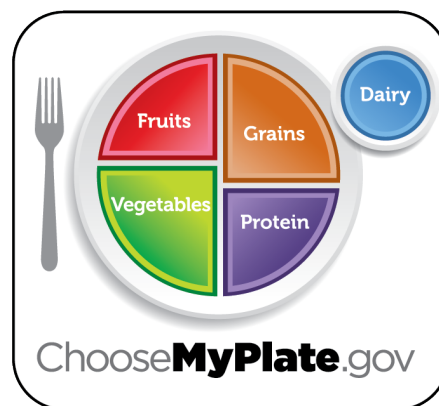
Note: only nutrients that are available will show on this display

## MyPlate Food Groups

 Fruits	1/2 cups
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 Vegetables	3/4 cups
--	----------

 Protein Foods	1/2 ounces
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# Oprah's Outtasight Salad



**Makes:** 4 servings

This dish is overflowing with fresh veggies and fun flavors. Pineapple adds extra tang.

## Ingredients

- 2 cup salad greens (of your choice)
- 1 cup vegetables (tomatoes, cucumbers, carrots, green beans) (chopped)
- 1 cup pineapple chunks, drained (canned in juice, or fresh orange segments)

### Dynamite Dressing

- 1 1/2 teaspoon white vinegar
- 1/4 cup yogurt, non-fat, fruit-flavored
- 1/16 cup orange juice (1 Tablespoon)

### Salad Toppings:

- 2 tablespoon nuts, any kind (chopped)
- 2 tablespoon raisins (or dried cranberries)

## Directions

1. Put mixed salad greens on a large platter or in a salad bowl.
2. In a large bowl, mix chopped vegetables and pineapple or orange segments. Add dressing and stir. Spoon mixture over salad greens.
3. Top with raisins and nuts. Serve.

### DYNAMITE DRESSING PREPARATION:

1. In a small bowl, mix all ingredients. Refrigerate until ready to serve.

Source:

California 5 A Day, It's So Easy  
Contra Costa Health Services

## Nutrition Information

**Serving Size:** 1 cup prepared salad, 1/4 of recipe (168g)

### Nutrients Amount

**Calories 106**

**Total Fat 2 g**

Saturated Fat 0 g

Cholesterol 0 mg

**Sodium 35 mg**

**Total Carbohydrate 20 g**

Dietary Fiber 2 g

Total Sugars 17 g

Added Sugars included 2 g

**Protein 3 g**

Vitamin D 0 mcg

Calcium 56 mg

Iron 1 mg

Potassium 365 mg

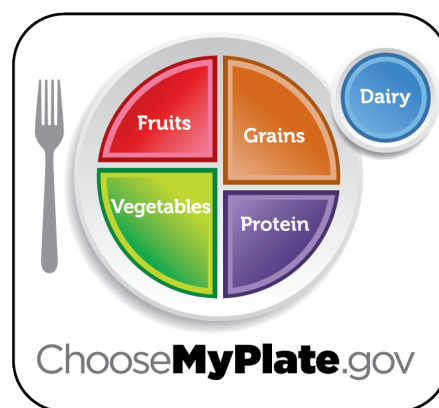
Note: only nutrients that are available will show on this display

## MyPlate Food Groups

 Fruits 1/4 cups

 Vegetables 1/2 cups

 Protein Foods 1/4 ounces



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# Crunchy Chicken Salad



**Makes:** 5 servings

This main dish is a combination of chicken, vegetables, and fruit. Enjoy it as a cold salad or as the filling of a hearty sandwich or wrap.

## Ingredients

- 2 cup cooked chicken (chunked)
- 1/2 cup celery
- 1/4 cup green pepper
- 1/4 onion
- 1/2 cucumber
- 1/2 cup grape
- 1 apple (small, diced, leave the peel on)
- 1/4 cup yogurt, plain

## Directions

1. Use leftover cooked chicken, or cook enough chicken to make 2 cups of chicken pieces.
2. Chop the celery into small pieces.
3. Chop the green pepper into small pieces.
4. Peel and chop 1/4 of an onion.
5. Peel and chop half of a cucumber.
6. Chop the apple into pieces. It's okay to leave the peel on the apple.
7. Cut the grapes in half.
8. Put all the ingredients in a large bowl. Stir together.

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network  
Website Recipes

## Nutrition Information

**Serving Size:** 3/4 cup prepared salad, 1/5 of recipe

### Nutrients Amount

**Calories 123**

**Total Fat 2 g**

Saturated Fat 1 g

Cholesterol 53 mg

**Sodium 284 mg**

**Total Carbohydrate 8 g**

Dietary Fiber 1 g

Total Sugars 6 g

Added Sugars included 0 g

**Protein 17 g**

Vitamin D 0 mcg


Calcium 38 mg

Iron 0 mg

Potassium 354 mg

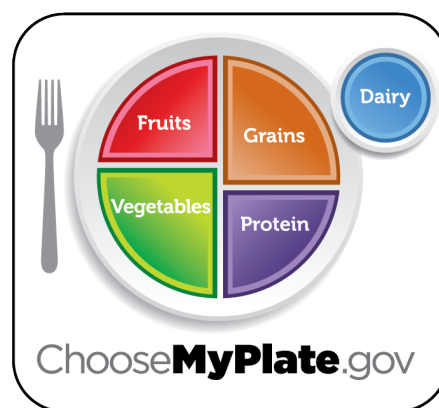
Note: only nutrients that are available will show on this display

## MyPlate Food Groups

 Fruits 1/4 cups

 Vegetables 1/4 cups

 Protein Foods 1 3/4 ounces



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# Sunshine Salad



**Makes:** 5 servings

Oranges help to brighten up this tasty veggie salad. It is quick and easy to make. Top it off with your favorite vinaigrette.

## Ingredients

- 5 cup spinach leaves (packed, washed, and dried well)
- 1/2 red onion (sliced thin)
- 1/2 red pepper (sliced)
- 1 cucumber (whole, sliced)
- 2 orange (peeled and chopped into bite-size pieces)
- 1/3 cup vinaigrette dressing ("lite", around 15 calories per tablespoon or less)

## Directions

1. Toss all ingredients together in a large bowl. Add dressing and toss again. Serve immediately.

Source: US Department of Health and Human Services, [A Healthier You](#)

## Nutrition Information

**Serving Size:** 1/5 of recipe (193g)

### Nutrients Amount

**Calories 82**

**Total Fat 4 g**

Saturated Fat 1 g

Cholesterol 0 mg

**Sodium 181 mg**

**Total Carbohydrate 12 g**

Dietary Fiber 3 g

Total Sugars 8 g

Added Sugars included 2 g

**Protein 2 g**

Vitamin D 0 mcg

Calcium 62 mg

Iron 1 mg

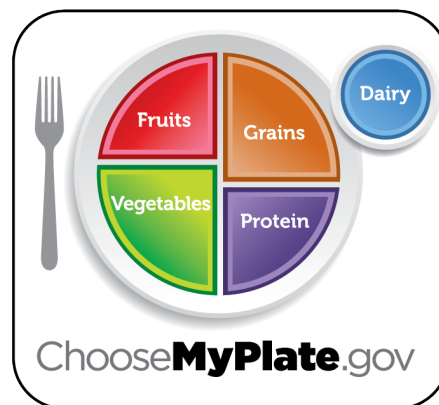
Potassium 371 mg

Note: only nutrients that are available will show on this display

## MyPlate Food Groups

 Fruits 1/4 cups

 Vegetables 3/4 cups



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# Rainbow Veggie Salad



**Makes:** 10 servings

This easy and colorful salad tastes best after marinating it overnight. Enjoy it as a side dish at lunch or dinner.

## Ingredients

- 1 can red kidney beans (15.5 ounces, drained and rinsed)
- 1 can black beans (15.5 ounces, drained and rinsed)
- 3 carrot (scrubbed and sliced)
- 1 yellow squash (medium, washed and sliced)
- 1 zucchini (medium, washed and sliced)
- 1/2 cup light Italian dressing
- 1/2 teaspoon pepper

## Directions

1. Mix all the vegetables together in a large bowl.
2. Pour dressing over vegetables.
3. Sprinkle with pepper.
4. Stir gently, coating all vegetables.
5. Cover and refrigerate at least 8 hours.

Source: Maryland Food Supplement Nutrition Education program, 2009 Recipe Calendar

## Nutrition Information

**Serving Size:** 2/3 cup (106g)

Nutrients	Amount
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<b>Calories</b>	<b>132</b>
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<b>Total Fat</b>	<b>1 g</b>
------------------	------------

Saturated Fat	0 g
---------------	-----

Cholesterol	0 mg
-------------	------

<b>Sodium</b>	<b>333 mg</b>
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<b>Total Carbohydrate</b>	<b>25 g</b>
---------------------------	-------------

Dietary Fiber	8 g
---------------	-----

Total Sugars	3 g
--------------	-----

Added Sugars included	0 g
-----------------------	-----

<b>Protein</b>	<b>8 g</b>
----------------	------------

Vitamin D	0 mcg
-----------	-------

Calcium	53 mg
---------	-------

Iron	3 mg
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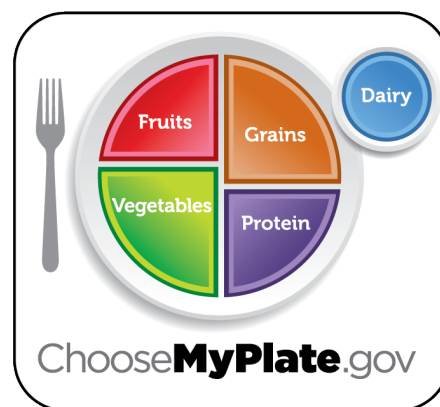
Potassium	540 mg
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Note: only nutrients that are available will show on this display

## MyPlate Food Groups

 Vegetables 3/4 cups

 Protein Foods 2 ounces



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# South of the Border Salad



**Makes:** 9 servings

Make this corn, black bean, and tomato salad in the morning and let it marinate in the refrigerator all day and enjoy it for dinner.

## Ingredients

- 2 can corn (15.2 ounces each, drained and rinsed)
- 2 can black beans (15.5 ounces each, drained and rinsed)
- 1 can diced tomatoes with green chilies (10 ounces)
- 1 onion (medium, chopped)
- Dressing Ingredients:
- 3 tablespoon olive oil (or canola oil)
- 1/3 cup lemon or lime juice
- 1/2 teaspoon pepper
- 1 ground cumin (optional)

## Directions

1. Mix the salad ingredients in a large bowl.
2. Mix the dressing ingredients in a small bowl.
3. Pour dressing over corn mixture and mix well.
4. Cover and refrigerate for at least 2 hours.

Source: Maryland Food Supplement Nutrition Education program, 2009 Recipe Calendar

## Nutrition Information

**Serving Size:** 1/2 cup (224g)

Nutrients	Amount
-----------	--------

<b>Calories</b>	<b>253</b>
-----------------	------------

<b>Total Fat</b>	<b>6 g</b>
------------------	------------

Saturated Fat	1 g
---------------	-----

Cholesterol	0 mg
-------------	------

<b>Sodium</b>	<b>497 mg</b>
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<b>Total Carbohydrate</b>	<b>44 g</b>
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Dietary Fiber	10 g
---------------	------

Total Sugars	5 g
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Added Sugars included	0 g
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<b>Protein</b>	<b>11 g</b>
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Vitamin D	0 mcg
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Calcium	68 mg
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Iron	3 mg
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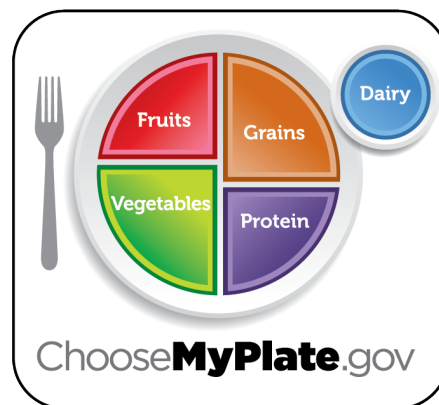
Potassium	614 mg
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Note: only nutrients that are available will show on this display

## MyPlate Food Groups

 Vegetables	1 1/4 cups
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 Protein Foods	2 1/4 ounces
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# Garden Waldorf Salad



**Makes:** 4 servings

Try a new twist on this Waldorf Salad. Broccoli, cauliflower, carrots, and peanuts make this a fresh variation of an old classic.

## Ingredients

- 3 cup broccoli florets
- 1 cup carrot (grated)
- 1 1/2 cup cauliflower (sliced)
- 1 cup apple (chopped)
- 1/2 cup green onion (chopped)
- 1 cup yogurt, non-fat vanilla
- 1/4 cup peanuts

## Directions

1. Toss all ingredients together in a large mixing bowl.
2. Refrigerate until ready to serve, up to 6 hours.
3. Serve chilled.

Source: Dorothy C. Lee, CFCS and Linda K. Bowman, RD/LD/N  
University of Florida, IFAS Extension, Cooking Healthy with Diabetes

## Nutrition Information

**Serving Size:** 1 1/2 cups (230g)

### Nutrients Amount

**Calories 165**

**Total Fat 6 g**

Saturated Fat 1 g

Cholesterol 3 mg

**Sodium 122 mg**

**Total Carbohydrate 23 g**

Dietary Fiber 5 g

Total Sugars 15 g

Added Sugars included 4 g

**Protein 8 g**

Vitamin D 0 mcg


Calcium 165 mg


Iron 1 mg

Potassium 646 mg


Note: only nutrients that are available will show on this display

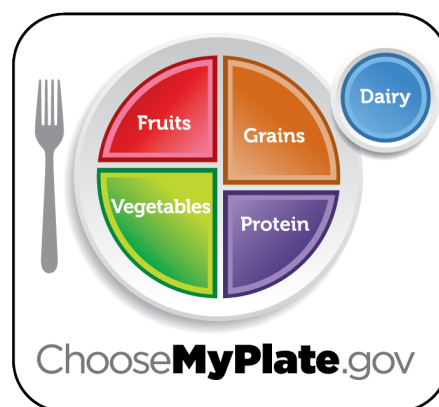
## MyPlate Food Groups

 Fruits 1/4 cups

 Vegetables 1 1/2 cups

 Protein Foods 3/4 ounces

 Dairy 1/4 cups



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# Spinach Salad with Apples and Raisins



**Makes:** 6 Servings

Enjoy this tasty, sweet fall salad with a savory and seasonal entrée. Use Granny Smith or your favorite kind of apples. Try leaving out the sugar for a more tart flavor.

## Ingredients

- 1 1/2 package baby spinach (10 ounces, washed)
- 1 apples (chopped, can use 1-2 apples)
- 1/4 cup raisins
- 1/4 cup canola oil
- 1/4 cup apple cider vinegar
- 1 cup sugar
- teaspoon garlic powder (pinch)

## Directions

1. Combine spinach, apples and raisins.
2. Mix all dressing ingredients and pour over salad just prior to serving.

Source: University of Maryland Extension.  
[Eat Smart. Be Fit.](#) Recipes.

## Nutrition Information

**Serving Size:** 1/6 of recipe

Nutrients	Amount
-----------	--------

<b>Calories</b>	<b>212</b>
-----------------	------------

<b>Total Fat</b>	<b>9 g</b>
------------------	------------

Saturated Fat	1 g
---------------	-----

Cholesterol	0 mg
-------------	------

<b>Sodium</b>	<b>29 mg</b>
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<b>Total Carbohydrate</b>	<b>33 g</b>
---------------------------	-------------

Dietary Fiber	2 g
---------------	-----

Total Sugars	26 g
--------------	------

Added Sugars included	8 g
-----------------------	-----

<b>Protein</b>	<b>2 g</b>
----------------	------------

Vitamin D	0 mcg
-----------	-------

Calcium	46 mg
---------	-------

Iron	1 mg
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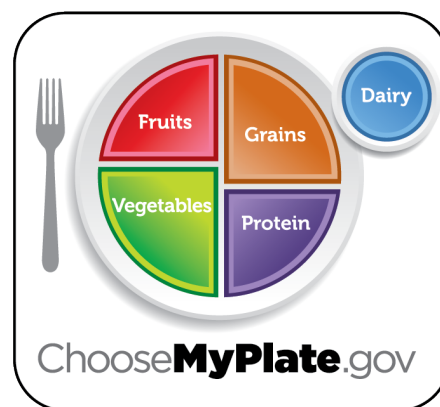
Potassium	402 mg
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Note: only nutrients that are available will show on this display

## MyPlate Food Groups

<span style="color: red;">■</span> Fruits	3/4 cups
---	----------

<span style="color: green;">■</span> Vegetables	1/2 cups
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# Apple Banana Salad with Peanuts



**Makes:** 4 Servings

**Prep Time:** 15 minutes

Enjoy a fresh, flavorful change of pace with a surprising mix of lettuce, apples, and bananas, topped with a paprika dressing. This is a quick, easy meal for a busy day.

## Ingredients

- 12 ounce lettuce mix
- 2 ripe bananas
- 2 1/2 medium apples, sliced (14 oz. of sliced apples)
- 3/4 cup unsalted dry roasted peanuts

### For the Dressing

- 1/3 cup plain low-fat yogurt
- 2 tablespoon fat-reduced mayonnaise
- 1 tablespoon honey
- 2 teaspoon paprika

## Directions

1. Whisk together dressing ingredients.
2. Slice bananas.
3. In a large salad bowl, toss mixed greens, banana and apple slices, peanuts, and dressing.

Source:

Produce For Better Health Foundation


## Nutrition Information

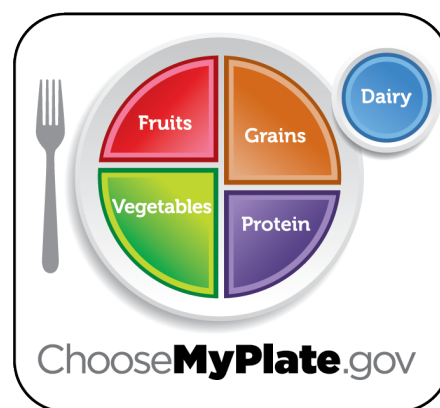
**Serving Size:** 1/4 of the recipe

Nutrients	Amount
<b>Calories</b>	<b>330</b>
<b>Total Fat</b>	<b>17 g</b>
Saturated Fat	3 g
Cholesterol	5 mg
<b>Sodium</b>	<b>90 mg</b>
<b>Total Carbohydrate</b>	<b>42 g</b>
Dietary Fiber	8 g
Total Sugars	26 g
Added Sugars included	4 g
<b>Protein</b>	<b>10 g</b>
Vitamin D	0 mcg
Calcium	99 mg
Iron	2 mg
Potassium	810 mg

Note: only nutrients that are available will show on this display

## MyPlate Food Groups

 Fruits	1 1/4 cups
 Vegetables	1 cup
 Protein Foods	2 ounces



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# Apple Salad II



**Makes:** 6 Servings

Crisp, light, and refreshing, this salad combines apples, celery, carrots, raisins, and a yogurt dressing.

## Ingredients

- 1 taza manzana picada
- 1 cucharilla jugo de limón
- 1/2 taza apio picado
- 1/2 taza zanahoria rallada
- 1/2 taza pasas
- 1/2 taza yogur de vainilla, bajo en grasa (uso 1/2 a 3/4 de taza)

## Directions

- 1) Wash apples, celery, and carrots before dicing/grating.
- 2) Toss apples with lemon juice.
- 3) Add celery, carrot, and raisins.
- 4) Fold yogurt into apple mixture.
- 5) Cover. Chill for at least 1 hour before serving.
- 6) Refrigerate leftovers.

Source:

Colorado State University and University of California at Davis. Eating Smart Being Active Recipes.

## Nutrition Information

**Serving Size:** 1/2 cup, 1/6 of recipe

### Nutrients Amount

**Calories 68**

**Total Fat 0 g**

Saturated Fat 0 g

Cholesterol 1 mg

**Sodium 28 mg**

**Total Carbohydrate 16 g**

Dietary Fiber 1 g

Total Sugars 12 g

Added Sugars included 1 g

**Protein 2 g**

Vitamin D 0 mcg

Calcium 49 mg

Iron 0 mg

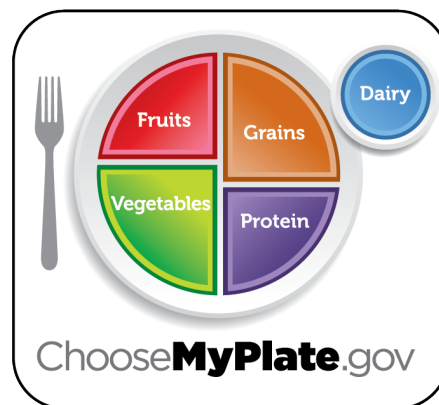
Potassium 207 mg

Note: only nutrients that are available will show on this display

## MyPlate Food Groups

 Fruits 1/3 cups

 Vegetables 1/4 cups



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# Cucumber Blueberry Salad



**Makes:** 4 Servings

**Prep Time:** 20 minutes

A quick, simple and refreshing salad featuring fresh blueberries and crisp cucumber chunks with feta cheese, arugula and a lime vinaigrette.

## Ingredients

### Vinaigrette

- 1 1/2 tablespoon extra virgin olive oil
- 2 tablespoon white balsamic (or other) vinegar
- 1 tablespoon lime juice, freshly squeezed or bottled
- 1 teaspoon sugar
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

### Salad

- 1 cup fresh blueberries
- 1 medium greenhouse-grown cucumber, cut into small chunks
- 4 cup fresh arugula
- 1/4 medium red onion, thinly sliced
- 1/4 cup crumbled reduced-fat Feta cheese
- 2 tablespoon coarsely chopped walnuts (toasted optional)
- 4 slice whole grain bread

## Directions

1. In a small bowl whisk together vinaigrette ingredients.
2. In a large bowl mix together all salad ingredients, except bread.
3. When ready to serve, add vinaigrette to salad and toss.
4. Toast bread, then cut into four pieces.

Source:

Produce for Better Health

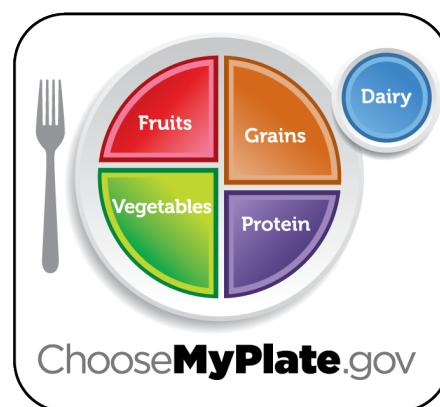
## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>212</b>
<b>Total Fat</b>	<b>10 g</b>
Saturated Fat	3 g
Cholesterol	8 mg
<b>Sodium</b>	<b>368 mg</b>
<b>Total Carbohydrate</b>	<b>24 g</b>
Dietary Fiber	4 g
Total Sugars	10 g
Added Sugars included	2 g
<b>Protein</b>	<b>7 g</b>
Vitamin D	0 mcg
Calcium	143 mg
Iron	1 mg
Potassium	303 mg

Note: only nutrients that are available will show on this display

## MyPlate Food Groups

 Fruits	1/4 cups
 Vegetables	1 cup
 Grains	1 ounce
 Dairy	1/4 cups



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# Cobb Salad with Pears



**Makes:** 6 Servings

Sweet and savory, this Cobb Salad is sure to delight with the addition of canned pears, carrots, and Parmesan cheese.

## Ingredients

### For the Salad:

- 2 canned pear halves
- 6 cup Mesclun mix baby greens
- 1/2 tablespoon Parmesan cheese
- 1 1/3 cup carrots, grated
- 3 tablespoon walnuts

### For the Dressing:

- 1/4 cup pear juice
- 1/4 teaspoon cider vinegar
- 1/4 teaspoon honey
- 1/4 teaspoon dijon mustard
- 1 dash salt and black pepper
- 1/4 teaspoon extra virgin olive oil

## Directions

1. For the dressing, mix pear juice, vinegar, honey, mustard, and salt and pepper and olive oil in a blender.
2. Put mixed greens in large mixing bowl, drizzle dressing over greens and mix together.
3. Add remaining chopped pear, walnuts, and grated carrots and toss lightly.
4. Portion out 1 cup of salad and top with 1/2 tablespoon grated Parmesan cheese.

Source:

## Nutrition Information

**Serving Size:** 1 cup

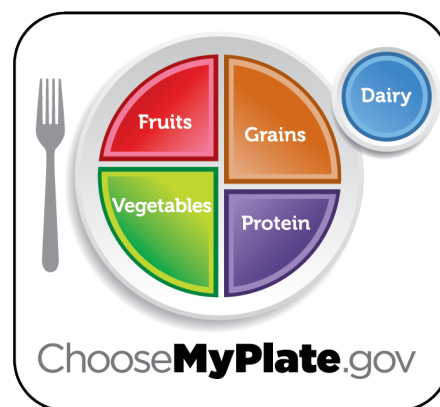
Nutrients	Amount
<b>Calories</b>	<b>64</b>
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	0 g
<b>Sodium</b>	<b>86 mg</b>
<b>Total Carbohydrate</b>	<b>10 g</b>
Dietary Fiber	2 g
Total Sugars	6 g
Added Sugars included	2 g
<b>Protein</b>	<b>2 g</b>
Vitamin D	N/A
Potassium	N/A

Note: only nutrients that are available will show on this display

## MyPlate Food Groups

 Vegetables 5/6 cups

 Protein Foods 1/4 ounces



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## 5 A Day Salad



**Makes:** 4 servings

This nutrient-packed salad uses ten different vegetables, and each serving is equal to five cups of vegetables!

### Ingredients

- 4 cup spinach (fresh)
- 4 cup romaine lettuce
- 2 cup green pepper (chopped, or use red, yellow, or orange)
- 2 cup cherry tomatoes
- 1 cup broccoli (chopped)
- 1 cup cauliflower (chopped)
- 1 cup yellow squash (sliced)
- 1 cup cucumber (sliced)
- 2 cup carrot (chopped)
- 1 cup zucchini (sliced)

### Directions

1. Wash all of the vegetables and mix them together in a large mixing bowl. Top this colorful meal with the nonfat or low-fat dressing of your choice.

Source: Centers for Disease Control,  
[5 A Day for Better Health Program](#)

## Nutrition Information

**Serving Size:** 1/4 of recipe (467g)

Nutrients	Amount
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<b>Calories</b>	<b>99</b>
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<b>Total Fat</b>	<b>1 g</b>
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Saturated Fat	0 g
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Cholesterol	0 mg
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<b>Sodium</b>	<b>100 mg</b>
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<b>Total Carbohydrate</b>	<b>21 g</b>
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Dietary Fiber	8 g
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Total Sugars	10 g
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Added Sugars included	0 g
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<b>Protein</b>	<b>5 g</b>
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Vitamin D	0 mcg
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Calcium	119 mg
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Iron	2 mg
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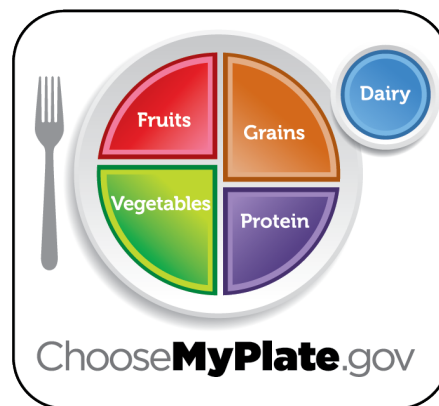
Potassium	1166 mg
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Note: only nutrients that are available will show on this display

## MyPlate Food Groups

 Vegetables

3 3/4 cups



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# Confetti Grain Salad



**Makes:** 6 servings

Try this recipe with a variety of vegetables until you find what you and your family like best.

## Ingredients

- 1 1/2 cup brown rice, uncooked
- 3 cup water
- lemon (juiced)
- 3 green onion (also called scallions)
- 1/4 cup parsley (minced)
- 1/2 teaspoon salt
- black pepper (to taste)
- 1/4 cup olive oil (or other vegetable oil)
- 1 1/2 cup vegetables (of your favorite, cut into small pieces)

## Directions

1. Wash rice and put into a 2-quart pot with water. Bring to boil, then lower heat to simmer, and cook uncovered until all the water is absorbed. (approximately 45 minutes)
2. Pour into medium sized bowl and allow to cool.
3. Pour lemon juice over rice and stir. When rice is cooled to lukewarm, add vegetables, salt, pepper, and oil.
4. Stir and chill at least 1 hour. This dish also can be served warm.

Source: University of Wyoming, Cooperative Extension, Cent\$ible Nutrition Cook Book, p. g-35



## Nutrition Information

**Serving Size:** 3/4 cup prepared salad, 1/6 of recipe

### Nutrients Amount

**Calories** **288**

**Total Fat** **11 g**

Saturated Fat 2 g

Cholesterol 0 mg

**Sodium** **225 mg**

**Total Carbohydrate** **43 g**

Dietary Fiber 5 g

Total Sugars 3 g

Added Sugars included 0 g

**Protein** **6 g**

Vitamin D 0 mcg

Calcium 40 mg

Iron 1 mg

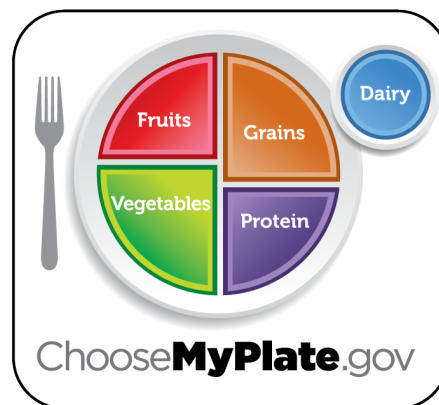
Potassium 194 mg

Note: only nutrients that are available will show on this display

## MyPlate Food Groups

 Vegetables 1/4 cups

 Grains 1 1/2 ounces



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