



Super Summer SALAD FUN !!

Grocery store bins and farmers' market stands are bursting with fresh fruits and vegetables at this time of year. It's the perfect time to be creative, mix it up, and re-invent the summer salad!

Here is the 'backbone' for summer salad fun. Mix and match the ingredients to make a crunchy, healthful combination all your own. Try these as a side salad or as an entrée with whole grain bread or crackers.

Directions

- 1) Wash and chop (or tear) leafy greens.
- 2) Add chopped fruit or vegetables; cooked grains; beans, nuts, or seeds; or pieces of lean meat, fish, poultry, or tofu.
- 3) Toss with your favorite low-fat vinaigrette or dressing and serve on individual plates.
- 4) Top with crumbled or grated cheese.
- 5) Sprinkle with a teaspoon or two of freshly chopped summer herbs - parsley, basil, mint, thyme, or cilantro.

Salad with Sass (for 4)

- 6 cups leafy greens (Red leaf, romaine, Swiss chard, endive and/or arugula)
- 1 pear, cut/cubed or sliced very thin
- 4 strawberries, sliced
- 1 celery stalk, chopped
- 1 tablespoon sunflower seeds
- 1 tablespoon raisins or dried cherries
- ½ ripe avocado, peeled and cut
- Crumbled blue cheese
- Chopped fresh parsley

Super Salad Combos

Here are a few salad ideas - just to get your taste buds excited about all the deliciously healthful possibilities!

Montana Made:

Wild rice, grilled trout, olive oil, and lightly drizzled honey.

All American:

Chopped tomatoes, cucumbers, and carrots, with grated cheddar cheese and low-fat ranch dressing.

Go Greek:

Black olives, sun dried tomatoes, chopped tomatoes and cucumbers, feta cheese, with oil and vinegar.

Taco Time:

Cooked corn, black beans, crushed tortilla chips, jalapeños, low-fat ranch dressing, and salsa.

Un-Beet-able!

Fresh beets (cooked, peeled, and cut), feta or blue cheese, and walnuts with low-fat vinaigrette.

California Dreamin':

Sliced chicken breast, mandarin orange segments, chopped avocado, sliced almonds, raisins, and low-fat French or Italian dressing.

Fruitfully Fun:

Strawberries, grapes, walnuts, and a poppy seed dressing.

Good to the Root:

Red potatoes (boiled, cooled, and cut), celery, carrots, dill, and coleslaw dressing.

Christmas in July:

Red and green peppers, broccoli florets, and radishes with low-fat ranch dressing.