# **Healthy Salad Recipes**



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# Introduction

### Why Do Salads Make Such A Great Meal?

Lunch can be a tricky meal. You know you should be eating something to keep your blood sugar levels even and your metabolism running high. At the same time, you can't be eating anything too heavy or you will be dozing off shortly after lunch.

Salads are the perfect solution! They make nutrient dense and filling meals without weighing you down. Best of all they are healthy and mostly low in calories.

You can prepare many of the salads in this ebooks ahead of time and take them with you. Not only will you be losing weight, you'll also save money by brining your own lunch to work. We encourage you to give these recipes a try. Just pick a few that sound appealing and get cooking.

### What About Dinner?

Evenings are a hectic time for many of us. We have the best intentions to feed our families nutritious meals, but then reality sets in. We spend all day driving the kids around, or are running late because of a long meeting at work and before we know it is 6 pm and there isn't a green vegetable or lean piece of meat in the fridge.

Choose from 3 different types of menus with plenty of recipes each month to please everyone in the family. Our menus and categorized shopping lists make it easy. But that's not all...

As a member of <u>Menu Planning Central</u>, you will also have access to a group of experts that are available to share great tips on anything from cooking with the kids to table manners. And Christine, "The Menu Mom", is there to answer questions as well.

Each month you will also get additional resources including ideas to plan breakfast and lunch, throwing a great dinner party and you get to explore a different cooking style or cuisine.

Start by grabbing your free Menu Planning Basics guide at <u>www.MenuPlanningCentral.com</u> and watch for an incredible offer to get access to Menu Planning Central.

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### **Cucumber Salad**

Makes 8 Servings

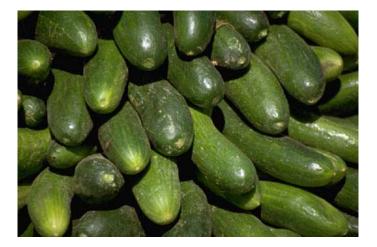
**INGREDIENTS:** 

- Cucumbers, thinly sliced
- 1 small white onion, thinly sliced
- 1 cup white vinegar
- 1/2 cup water
- 3/4 cup white sugar
- 1 tablespoon dried dill, or to taste

DIRECTIONS:

Combine cucumbers and onion in a large bowl. Add the vinegar, water and sugar to a saucepan and cook over medium-high heat. Bring to a boil, and pour over the cucumber and onions. Stir in dill, cover, and chill at least 30 min.

Calories: 77 Total Fat: 0g Cholesterol: 0mg Sodium: 2mg Total Carbs: 19.7g Dietary Fiber: 0.2g Protein: 0.2g



# **Spicy Bean Salad**

Makes 8 Servings

**INGREDIENTS:** 

- 1 (14.5 ounce) can black beans
- 1 (14.5 ounce) can dark red kidney beans
- 1 (15 ounce) can garbanzo beans
- 1 (14.5 ounce) can pinto beans
- 1 (10 ounce) package frozen corn kernels, thawed
- 1 tablespoon vegetable oil
- 1 teaspoon cumin
- 2 tablespoons chili powder
- 1 teaspoon lime juice
- 1 (8 ounce) jar chunky salsa
- 1 pinch dried parsley

### DIRECTIONS:

Rinse the beans well, drain and pour into a large bowl. Add corn. oil, cumin, chili powder, lime juice, and salsa. Sprinkle with parsley, cover, and chill for about 1 hour before serving.

Calories: 260 Total Fat: 3.8g Cholesterol: 0mg Sodium: 827mg Total Carbs: 46.9g Dietary Fiber: 13.6g Protein: 12.7g



## **Bok Choy Salad**

Makes 8 Servings

**INGREDIENTS:** 

- 1 medium head bok choy, diced
- 1 bunch green onions, chopped
- 1 (3 ounce) package ramen noodles
- 1/2 cup blanched slivered almonds
- 2 tablespoons sesame seeds, toasted
- 1/3 cup olive oil
- 3 teaspoons lemon juice

DIRECTIONS:

Combine bok choy and green onions.

Whisk together the olive oil, lemon juice and ramen noodle seasoning packet. Refrigerate dressing and bok choy mixture seperately for about 30 min. Break ramen noodles into small pieces. Mix with toasted almonds and sesame seeds.

Combine the cabbage mixture and noodle mixture; add dressing and toss to coat.

Calories: 174 Total Fat: 15g Cholesterol: < 1mg Sodium: 111mg Total Carbs: 7.6g Dietary Fiber: 2.9g Protein: 4.4g



# **Exotic Chicken Salad**

Makes 10 Servings

**INGREDIENTS:** 

- 1 honeydew melon
- 6 cups cubed, cooked chicken meat
- 2 cups chopped celery
- 2 cups seedless grapes
- 1 (8 ounce) can sliced water chestnuts
- 1/2 cup sour cream
- 1/2 cup plain yogurt
- 1 1/2 teaspoons curry powder
- salt and pepper to taste

### DIRECTIONS:

Cut melon in half, and remove seeds. Cut into bite-size pieces. Add chicken, celery, grapes and water chestnuts. Wisk together sour cream, yogurt, and curry powder in a small bowl. Gently stir into salad. Season with salt and pepper to taste. Serve.

Calories: 244 Total Fat: 6.4g Cholesterol: 69mg Sodium: 94mg Total Carbs: 22.6g Dietary Fiber: 2.2g Protein: 25g



### **Sweet and Sour Tomato Salad**

Makes 6 Servings

#### **INGREDIENTS:**

- 7 tomatoes
- 1 small yellow onion
- 1/2 cup white sugar
- 1/2 cup distilled white vinegar
- 1/2 cup vegetable oil
- salt and pepper to taste

#### DIRECTIONS:

Slice the tomatoes thinly. Cut the onion in half, then thinly slice into half-circles. In a large bowl, combine tomatoes, onion, sugar, vinegar, oil, salt and pepper. Serve at room temperature.

Calories: 272 Total Fat: 18.9g Cholesterol: 0mg Sodium: 6mg Total Carbs: 25.8g Dietary Fiber: 1.4g Protein: 1.3g



# **Filling Tomato Cucumber Salad**

Makes 4 Servings

#### **INGREDIENTS:**

- 1 tomato, chopped
- 1 cucumber, seeded and chopped
- 1/4 cup thinly sliced red onion
- 1/4 cup canned kidney beans, drained
- 1/4 cup diced firm tofu
- 2 tablespoons chopped fresh basil
- 1/4 cup balsamic vinaigrette salad dressing
- salt and pepper to taste

#### DIRECTIONS:

Combine the tomato, cucumber, red onion, kidney beans, tofu, and basil in a large bowl. Toss with balsamic vinaigrette salad dressing, and season with salt and pepper.

Calories: 98 Total Fat: 6.1g Cholesterol: 0mg Sodium: 333mg Total Carbs: 8.4g Dietary Fiber: 2.4g Protein: 4.1g



# **Eggplant Tomato Salad**

Makes 5 Servings

#### **INGREDIENTS:**

- 1 green bell pepper
- 1 large red bell pepper
- 7 tomatoes
- 1 eggplant
- 4 cloves crushed garlic
- 1/4 cup extra virgin olive oil
- 2 tablespoons tomato paste
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon cayenne pepper



#### DIRECTIONS:

Roast peppers until skin turns black. Cool in a plastic bag. Remove burnt skin and rinse well.

Boil tomatoes for 1 minute and cool in ice water. Peel and chop.

Cut the eggplant into small strips and sauté in oil for about 6 to 8 minutes. Once the eggplant is soft, add garlic.

Open the peppers and remove seeds. Cut into small strips and add to eggplant. Add tomatoes to eggplant mixture. Add tomato paste, salt, pepper and cayenne. Bring to boil, reduce heat and simmer for 30 minutes. Let the salad cool before serving.

Calories: 198 Total Fat: 12.3g Cholesterol: 0mg Sodium: 307mg Total Carbs: 22.2g Dietary Fiber: 6.5g Protein: 3.8g

# **Healthy Greek Salad**

Makes 6 Servings

**INGREDIENTS:** 

- 3 large ripe tomatoes, chopped
- 2 cucumbers, peeled and chopped
- 1 small red onion, chopped
- 1/4 cup olive oil
- 4 teaspoons lemon juice
- 1 1/2 teaspoons dried oregano
- salt and pepper to taste
- 1 cup crumbled feta cheese
- 6 black Greek olives, pitted and sliced

DIRECTIONS:

Combine tomatoes, cucumber, and onion in a bowl. Sprinkle with oil, lemon juice, oregano, and salt and pepper to taste. Sprinkle feta cheese and olives over salad.

Calories: 190 Total Fat: 15.8g Cholesterol: 22mg Sodium: 350mg Total Carbs: 8.8g Dietary Fiber: 1.9g Protein: 5g



# Mediterranean Broccoli Salad

Makes 8 Servings

**INGREDIENTS:** 

- 3 heads fresh broccoli, chopped
- 1 red onion, chopped
- 3 (6 ounce) cans jumbo black olives, sliced
- 2 (6.5 ounce) jars marinated artichoke hearts, sliced
- 3 large tomatoes, chopped
- 3 bunches green onions, chopped
- 1 (8 ounce) bottle Italian-style salad dressing

### DIRECTIONS:

Combine the broccoli, red onion, olives, artichoke hearts, tomatoes and green onions in a bowl.

Add the dressing, toss, cover and refrigerate for 24 hours before serving.

Calories: 352 Total Fat: 28.1g Cholesterol: 0mg Sodium: 982mg Total Carbs: 26.1g Dietary Fiber: 8.6g Protein: 6.4g



### **Sweet Potato Salad**

Makes 12 Servings

**INGREDIENTS:** 

- 3 pounds red potatoes
- 2 1/2 pounds sweet potatoes
- 1/4 cup white wine vinegar
- 1/4 cup olive oil
- 1 clove garlic, minced
- 1/4 cup dill pickle relish
- 1/2 cup chopped red onion
- 1/3 cup mayonnaise
- 1 pinch ground black pepper
- 1/3 cup sour cream
- 1/2 cup chopped parsley

### 1/2 cup chopped



### DIRECTIONS:

Boil until tender but still firm, about 15 minutes. Drain, cool and slice. Combine the vinegar, olive oil, garlic, dill pickle relish and onion in a large bowl. Add sliced potatoes and mix to coat.

Whisk together mayonnaise, pepper, sour cream and parsley. Pour over potatoes and chill at least 8 hours before serving.

Calories: 237 Total Fat: 11g Cholesterol: 6mg Sodium: 112mg Total Carbs: 32.1g Dietary Fiber: 6.3g Protein: 4.1g

# **Bacon Spinach Salad**

### Makes 4 servings

For a touch of sweetness and color, use raspberry vinegar in place of the white vinegar and sprinkle the salad with fresh raspberries.

### **INGREDIENTS**

- 4 slices bacon, diced
- 1/4 cup white vinegar
- 4 teaspoons sugar
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 bag (10 ounce) washed fresh spinach
- 5 medium green onions, chopped (1/3 cup)



### DIRECTIONS

- 1. Cook bacon in 12-inch skillet over medium heat, stirring occasionally, until crisp. Stir in vinegar, sugar, salt and pepper. Heat through, stirring constantly, until sugar is dissolved; remove from heat.
- 2. Add Spinach and onions to bacon mixture. Toss 1 to 2 minutes or until spinach is wilted.

Calories 65 (Calories from Fat 25) Fat 3g (Saturated 1g) Cholesterol 5mg Sodium 280mg Carbohydrate 8g (Dietary Fiber 2g) Protein 3g

# **Fajita Salad**

### Makes 4 servings

### **INGREDIENTS**

- 3/4 pound lean top beef round steaks, cut into thin strips
- 2 tablespoons each ketchup and lime juice
- 1 clove garlic, minced
- 1/2 teaspoon ground cumin
- 4 cups shredded lettuce
- 1/2 cup each: diced seeded cucumbers, green bell pepper, red bell pepper, and seeded tomato
- 1/4 cup each: chopped fresh cilantro and thinly sliced scallion
- 1/4 cup fat-free French salad dressing
- 4 6-inch corn tortilla

### DIRECTIONS

1. Place beef in a shallow dish. Combine next 4 ingredients; pour over beef and toss to coat. Refrigerate at least 30 minutes, or overnight, if desired.

2. Meanwhile, prepare salad: Arrange lettuce on a large serving platter or shallow salad bowl. In another bowl, combine remaining ingredients, except tortillas, and toss to coat. Spoon over lettuce, leaving a 1-inch border. Salad may be refrigerated if not serving right away.

3. Remove beef from refrigerator. Heat large nonstick skillet over high heat. Add beef and cook, stirring 3 to 5 minutes or just until cooked through; remove from heat. Warm tortillas according to package directions; cut each into thirds. Wrap 2 to 3 pieces of beef in each tortilla strip. Arrange decoratively on top of salad. Serve additional French dressing on side, if desired.

Calories 202 (32 calories from fat) Fat 4g Saturated Fat 1g Cholesterol 48mg Sodium 223mg Carbohydrate 20g Dietary Fiber 3g Sugars 5g Protein 22g



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# **Italian Tuna Salad Toss**

Makes 6 servings

Serving Size 2 cups

- 1 (10-ounce) package salad greens
- 1 (14-ounce) can artichoke hearts, drained, quartered
- 1 (9-ounce) package tuna in water, drained, flaked
- 1/2 pound green beans, cooked, drained
- 1 cup sliced plum tomatoes
- 1 bottle (8 oz) Italian salad dressing fat free

Place greens on serving platter. Arrange artichokes, tuna, beans, and tomatoes over greens. Top with dressing.

Calories 108(7 calories from fat) Fat 1g Saturated Fat 0g Cholesterol 12mg Sodium 674mg Carbohydrate 13g Dietary Fiber 3g Sugars 8g Protein 13g



# **Oriental Garden Toss**

Makes 6 servings

Serving Size 1 cup

- 1/3 cup thinly sliced green onions
- Tablespoon reduced-sodium soy sauce
- 3 tablespoons water
- 1 1/2 teaspoons roasted sesame oil
- 1 teaspoon Equal measure or 3 packets EQUAL sweetener or 2 Tbsp EQUAL Spoonful
- 1/4 teaspoon garlic powder
- 1/8 teaspoon crushed red pepper flakes
- 1 package (3 oz) low-fat ramen noodles soup
- 2 cups fresh peas pods, halved crosswise
- 1 cup fresh bean sprouts
- 1 cup sliced fresh mushrooms
- 1 can (8 3/4 oz) baby corn, drained and halved crosswise
- 1 red bell pepper, cut into bit-size strips
- 3 cups shredded Chinese cabbage
- 1/3 cup chopped lightly salted cashew nuts (optional)

1. Combine green onions, soy sauce, water, sesame oil, Equal, garlic powder, and red pepper flakes in screw-top jar; set aside.

2. Break up ramen noodles (discard seasoning packet); combine with pea pods in large bowl. Pour boiling water over mixture to cover. Let stand 1 minute; drain.

3. Combine noodles, pea pods, bean sprouts, mushrooms, baby corn, and bell pepper in large bowl. Shake dressing and add to noodle mixture; toss to coat. Cover and chill 2 to 24 hours. Just before serving, add shredded cabbage; toss to combine. Sprinkle with cashews, if desired.

Calories 109(19 calories from fat) Fat 2g Saturated Fat 0g Cholesterol 0mg Sodium 361mg Carbohydrate 21g Dietary Fiber 4g Sugars 6g Protein 4g



# Penne Spring Pea Salad

Makes 6 servings

Serving Size 1 cup

- 1/2 pound penna rigate or medium pasta shells, cooked and cooled
- 1 1/2 cups fresh or thawed frozen green peas, cooked
- 1 large yellow or red bell pepper, sliced
- 1/2 cup sliced green onions and tops
- 1 cup skim milk
- 1/2 cup fat-free mayonnaise
- 1/2 cup red wine vinegar
- 1/4 cup minced parsley
- 2 teaspoons drained green peppercorns, crushed (optional)
- 1 3/4 teaspoons Equal measure or 6 packets EQUAL Sweetener or 1/4 cup EQUAL Spoonful
- 1 dash pepper

1. Combine pasta, peas, bell pepper, and green onions in salad bowl. Blend milk and mayonnaise in medium bowl until smooth. Stir in vinegar, parsley, peppercorns, and Equal.

2. Pour dressing over salad and toss to coat; season to taste with pepper.

Calories 221(7 calories from fat) Fat 1g Saturated Fat 0g Cholesterol 1mg Sodium 169mg Carbohydrate 44g Dietary Fiber 4g Sugars 10g Protein 9g



# **Tangy Broccoli Salad**

Makes 10 servings

- 1 cup Nonfat Salad Dressing (such as Miracle Whip)
- 2 tablespoons sugar
- 2 tablespoons vinegar
- 1 medium bunch broccoli, cut into florets (about 6 cups)
- 4 cups loosely packed torn spinach
- 1/2 cup slivered red onions
- 1/4 cup OSCAR MAYER real bacon bits
- 1/4 cup raisins
- 1. Mix dressing, sugar, and vinegar in large bowl.
- 2. Add remaining ingredients; mix lightly. Refrigerate. Makes 10 servings.

Calories 78(8 calories from fat) Fat 1g Saturated Fat 0g Cholesterol 2mg Sodium 313mg Carbohydrate 15g Dietary Fiber 2g Sugars 10g Protein 4g



# **Tortellini Salad**

Makes 4 servings

Serving Size 1 cup + 2 Tbsp

- 8 ounces frozen cheese-filled tortellini noodles (about 2 cups)
- 1/2 cup refrigerated Maries Zesty Fat Free Italian Vinaigrette
- 1 small cucumber, diced (about 1 cup)
- 1 medium tomato, diced (about 1 cup)
- 1 green onion, sliced (about 2 Tbsp)
- Assorted salad greens, optional

1. Cook tortellini according to package directions. Drain in colander. In medium bowl, toss hot tortellini with vinaigrette; cool 10 minutes.

2. Add cucumber, tomato, and onion; toss gently to coat. Serve at room temperature or cover and refrigerate until serving time. Serve on salad greens. If desired, garnish with plum tomato and fresh sage.

Calories 168 (30 calories from fat) Fat 3g Saturated Fat 1g Cholesterol 20mg Sodium 339mg Carbohydrate 29g Dietary Fiber 1g Sugars 5g Protein 6g



## **Triple Bean Salad**

Makes 4 servings

Serving Size 1 cup

- 1 (14 1/2-ounce) can green beans, drained
- 1 (15 1/2-ounce) can wax beans, drained and rinsed
- 1 (15 1/2-ounce) can dark kidney beans, drained
- 1/4 cup sliced green onions
- 1/4 cup red wine vinegar
- 1 tablespoon olive oil
- 1 teaspoon EQUAL Measure or 3 packets EQUAL sweetener or 2 Tbsp EQUAL Spoonful
- 1 teaspoon dried basil leaves
- 1 small clove garlic, minced
- 1/4 teaspoon fresh ground pepper

Combine green beans, wax beans, kidney beans, green onions, vinegar, oil, Equal, basil, garlic, and pepper in large nonmetallic bowl. Mix well. Cover; refrigerate overnight. Serve chilled.

Calories 159 (36 calories from fat) Fat 4g Saturated Fat 1g Cholesterol 0mg Sodium 425mg\* Carbohydrate 25g Dietary Fiber 7g Sugars 6g Protein 8g



# **Healthy Potato Salad**

Makes 6 servings

- 1 1/2 pounds new potatoes, quartered (about 4 1/2 cups)
- 1/2 cup Nonfat Salad Dressing (Such as Miracle Whip)
- 1/4 cup finely sliced green onions
- 4 teaspoons Dijon style mustard
- 2 teaspoons honey
- Dash ground black pepper

1. Cook potatoes in boiling water until tender; drain and rinse with cold water until potatoes are cool.

2. Mix dressing, onions, mustard, honey, and pepper in large bowl.

3. Add potatoes; mix lightly. Refrigerate.

Calories 131 (3 calories from fat) Fat 0g Saturated Fat 0g Cholesterol 0mg Sodium 210mg Carbohydrate 30g Dietary Fiber 2g Sugars 7g Protein 2g



### **Glazed Fruit Salad**

Makes 5 servings

Serving Size 1 cup

- 1 can (about 11 oz) mandarin oranges segments, drained
- 1 cup green seedless grapes or red
- 1 cup sliced strawberries
- 2 medium bananas, sliced
- 1 medium apple, cored and diced
- 1/2 cup Maries Creamy Glaze for bananas
- 1/2 cup miniature marshmallows, optional
- 1/4 cup flaked coconut, tasted, optional

In large bowl, combine fruit and glaze; toss to coat. Serve immediately. Or, cover and refrigerate. Just before serving, gently stir in marshmallows and coconut. If desired, garnish with fresh orange mint.

Calories 168 (24 calories from fat) Fat 3g Saturated Fat 1g Cholesterol 0mg Sodium 44mg Carbohydrate 37g Dietary Fiber 4g Sugars 28g Protein 1g



### What's Next?

We hope you enjoyed the salad recipes in this publication.

### Remember these Great Reasons to Enjoy A Salad For Lunch

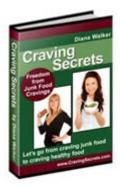
- · A light lunch will keep you energized in the afternoon
- · Keep your blood sugar levels even and keep your metabolism up.
- Better cope with stress
- · Consume less calories throughout the rest of the day
- · Set a good example for loved ones and friends

So give some of these salad recipes a try. They are great for lunch or as a side dish for lunch.

We would love to help you plan healthy breakfasts, dinners and snacks as well. For more information and to subscribe to our Menu Planning Pack at <u>www.MenuPlanningCentral.com</u>

Christine Steendahl – "The Menu Mom"

Easily plan healthy breakfasts, lunches, dinners and snacks with help from Meal Planning Central. For more information or to subscribe today, visit <u>www.MenuPlanningCentral.com</u>



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