



# Garden Salad

1/2 head lettuce

1/4 head cabbage

2 carrots, peeled

1 squash

2 radishes

1 stalk green onion, finely chopped

2 tablespoons fat-free salad dressing

## Greens In A Bag?

Have you wondered how the bags of pre-cut salad mixes, vegetables and fruits stay fresh for up to 14 days? The answer is in the bag.

After the produce has been harvested, washed, and cut, it is packaged in a special “breathable” bag that reduces spoilage. A special process that reduces the amount of oxygen in the bag helps increase shelf life without chemical preservatives. Studies have also shown that produce packed in such bags retain more vitamins.

To get the longest shelf life possible let the bag work for you by resealing and storing any unused portions in the bag.

## Toss A Salad for Your Sweet



Salads are sources of vitamins A, C, Folic Acid and fiber — a healthy choice if toppings are chosen carefully.

- To cut calories, keep the salad dressing to a minimum.
- Try low-calorie dressing or use half as much regular dressing.
- Try using plain vinegar or lemon juice as dressings.
- To limit sodium, skip bacon bits, pickled vegetables, cheese and croutons.

Wash all ingredients. Tear lettuce into bite-size pieces. Cut cabbage, carrots, squash, radishes, and green onion into small pieces. Add salad ingredients to lettuce. Toss lightly. Line a large plastic bag with paper towels; add salad. Seal and store in refrigerator overnight. Add salad dressing just before serving. Serves 6.

\* For a flavor change, replace cabbage, carrots and squash with sliced strawberries, Mandarin oranges, and chopped green onions. Add to lettuce and toss with an Italian or Raspberry flavored salad dressing.

## Caloric Cost of Salads

How much does your salad usually cost in calories? (Notice portion size. You may need to double, triple ... calories depending on the amount you eat.)

	Calories
Lettuce (1 cup)	8
Vegetables (1/2 cup)	12-24
Chick-peas (1 Tbsp.)	12
Croutons (1 Tbsp.)	10
Grated Cheese (1 Tbsp.)	21-26
Bacon bits (1 Tbsp.)	30
Regular dressing (1 Tbsp.)	55-133
Reduced-Calorie dressing (1 Tbsp.)	15-50
Fat-Free dressing (1 Tbsp.)	.5-0

## Salad Dressings. So Many Choices!

When selecting **fat-free salad dressings**, you may have to experiment with brands because some brands have a better taste and texture than others. If you can't quite make the switch to fat-free salad dressing, try one of the **reduced-fat** products. They usually contain about half the fat of regular salad dressing. And if you must have **regular** salad dressing, select one (like Italian) that does not stick to the food, or dip your fork in a creamy dressing (like Ranch) before picking up the salad. By doing this, you'll consume less dressing.