

SUMMER SALADS

Create a meal by adding protein:

- Chicken breast (grilled or from a pre baked chicken)
- Cooked (but not over cooked) shrimp
- Any type of dried beans or peas (cannellini beans, black beans, chick peas)
- Add some nuts such as almonds, cashews, pecans or pine nuts -watch portions of these
- Boiled eggs
- Low fat cheese (shredded or chunk) Try pepper jack for a kick!
- Diced baked tofu
- Cooked fish such as salmon
- Tuna or chicken salad (try adding dried tarragon to the chicken)
- Cooked edamame (green soybeans)

Choose healthy fats: Make your own dressing or simply use an oil and vinegar. You can control the ratio of oil to vinegar! Choose olive, peanut, safflower and canola oil because they are highest in monounsaturated fat (good for your heart!) Although these oils are healthier they still are just as high in calories so watch the amount you use.

Choose dark greens: The darker the greens, the more nutritious it is. Choose dark greens for your salad such as spinach, romaine and spring mix. Add lots of other colorful vegetables too like broccoli, carrots, tomatoes & beets.

Make use of salad bars at supermarkets: If you are even stuck on the road and need a healthy meal consider stopping at a supermarket instead of fast food for a make your own salad from their salad bar. Most supermarkets have them now.

Avoid high calorie contributors: Mayonnaise based dressings (ranch, Caesar, blue cheese, French, thousand Islands), mayo based sides such as potato salads, macaroni salad..., croutons, regular cheese, taco salad shells, fried tortilla strips & bacon bits.

Tickle your taste buds: Add flavor enhancers such as spicy mustard, balsamic vinaigrette, fresh herbs like cilantro, basil, parsley or mint, red onions or scallions.

Try tabouille salad: Pasta salads may be difficult to tolerate and are high calorie, but quinoa is tolerated quite well. Make a tabouille salad using quinoa as the grain of choice. Quinoa is a grain that is also a great source of protein. Simply cook and add any vegetables. Serve cold.

Healthy Recipe for Mango and Pine Nut Salad

High-fiber food is packed in this tasty fruit salad

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Beans, greens, and mango turn this [healthy recipe](#) into a 12-gram [high-fiber](#) fiesta. But the eclectic flavors--tropical mango, spicy Dijon, and buttery pine nuts--will drive that healthy fact right out of your mind and make you re-think your idea of what a [fruit salad](#) can be.

2 c chopped fresh mango
1/3 c fresh orange juice
2 Tbsp canola or olive oil
2 tsp grainy Dijon mustard
1/2 tsp salt
1/4 tsp pepper
4 c shredded Romaine lettuce
1 c finely shredded red cabbage
1 c thinly sliced scallions
2 cans (15 oz) cannellini beans, rinsed and drained
1/4 c raw or toasted pine nuts

1. In a mini chopper or a blender, purée ¼ cup mango, OJ, oil, mustard, salt, and pepper.
2. In a large bowl, combine lettuce, cabbage, scallions, beans, remaining mango, and pine nuts. Toss gently. Add vinaigrette and toss just before serving. Divide evenly into four salad bowls.

Makes four servings. *Per serving: 372 calories, 14 g fat (1.5 g saturated), 665 mg sodium, 52 g carbs, 12 g fiber, 12 g protein*

TIP If you don't have a blender (or the time) to mix up the mango vinaigrette, buy bottled fat-free mango vinaigrette (such as Consorzio).

<http://www.womenshealthmag.com/nutrition/mango-salad>