



# For **SALAD DAYS**



Bagged salads from the produce cooler are a great convenience. Sure, they are more expensive than buying bunch or head greens, but in a small household of 1 or 2, it may be cheaper than buying each ingredient separately because salad greens spoil so quickly.

In addition to their convenience, they are versatile. Since lettuce is used as the base ingredient for so many salads, other foods can be added according to personal preference..

## **Greek Salad**

½ bag Romaine lettuce or mixed greens  
1 can sliced black olives  
1 tomato, chopped  
¼ package feta cheese  
Oil & vinegar salad dressing  
Mix and dress immediately before serving.  
Serves 2.

Lettuce is a member of the aster or sunflower family.

## **Chef Salad**

½ bag Romaine lettuce or mixed vegetable salad  
2 slices turkey, ham or chicken sandwich slices, chopped  
1 boiled egg, chopped  
¼ cup grated cheese  
4-5 grape tomatoes or 1 small tomato, peeled & diced  
Bacon bits, sunflower seed kernels or other toppings as desired  
Mix ingredients; dress with desired salad dressing and serve. Makes a meal for 1.

## **Instant Salad**

1 package prewashed mixed greens  
1 large apple, chopped  
¼ cup dried cranberries  
2 tablespoons - ¼ c. bottled raspberry vinaigrette salad dressing  
½ package crumbled Feta cheese  
½ can praline pecans, chopped  
Mix olives with greens. Dress lightly with salad dressing & toss. Crumble Feta cheese on top & sprinkle pecans over salad before serving. Serves 4.

Romaine lettuce got the name because it was grown in the papal gardens in Rome.

## **Leftover Salad**

½ bag Romaine lettuce  
½ leftover carryout chicken, pork chop or steak  
¼ c. grated cheese  
4-5 grape tomatoes  
Mix, dress & serve. Makes a meal for 1.

Bagged lettuce is washed and ready to layer on sandwiches. It also makes a pretty bed for a meat or fruit salad, or a gelatin mold. You can also use the bigger leaves as a wrap for a meat or grain based filling.

## Safety

Experts assure us that the produce in bagged veggies has been washed thoroughly and there is no need to wash it. If you insist, however, be certain that all surfaces are clean and have not contacted meat or poultry—including your hands. Then spray the produce with water in a colander and spin dry, or dry with clean paper towels.

Be sure to select the freshest bag as shown by the Use By Date stamped on the package. Studies have found the longer the bag is on the shelf, the greater the possibility of bacterial growth.

## Peanut Asian Salad

1 package field greens or chopped romaine lettuce  
2 cooked boneless skinless chicken breasts or the equivalent in leftover chicken  
1 15 oz. can mandarin oranges, drained  
1/3 cup crispy noodles  
½ cup bottled Asian sesame salad dressing  
Combine ingredients and serve.

## But who needs a recipe?

The best salads are made of what you like. So go ahead. You be the chef!

The tastiest combinations offer some variety in the ingredients. Basic ingredients for a good green salad go something like this:

**Raw leafy veggies + More raw veggies + Protein + Cheese + Sweet + Crunchy + Dressing = Yum!**

We'll take these in order and be more specific.

**Raw leafy vegetables** – Americans traditionally use iceberg lettuce for green salads but better nutritional choices are greener selections like romaine, other types of leaf lettuce or spinach. Darker leaves give you more phytochemicals and therefore, more antioxidants.



**More raw veggies** – You can include carrots, snow peas, cabbage, broccoli, cauliflower, celery, peppers in all colors, radishes, cucumbers and any other vegetable that may be in season such as summer squash or baby green beans. Avocados, while technically a fruit, do well here too. Wash produce carefully before cutting to remove any soil or residue.

**Protein** – Now is your chance to use that left-over meat. Chicken, steak, ham, or any other meat that you like can be used. For vegetarians, cooked beans make good additions. Boiled eggs also add protein with a minimum calorie contribution.

**Sweet** – Fresh fruit gives a tasty contrast to sharp cheeses. Chopped apples or pears add crunch while citrus/tropical fruits and berries can also add sweetness. Dried fruits also provide a chewy counterpoint. Raisins and cranberries are good but step out and try figs, dates and cherries as well.



**Crunchy** – Croutons are easy to make with leftover bread. Cut bread into cubes, toss with melted butter or olive oil (or not) and toast in the oven until golden. Nuts, however, give crunch along with wonderful healthy oils. Sprinkle a few almonds, pecans, walnuts, cashews or even peanuts on your salad for the maximum crunch. And don't forget pumpkin and sunflower seeds!



**Cheese** – Yes, cheddar's good but don't stop there. Mozzarella is wonderful with tomatoes, feta or blue cheese with fruit additions. Goat cheese is good too. Let your imagination be your guide here.

**Dressing** – Your favorite bottled dressing is a good friend to keep on hand. However, some salads call for a fruity vinaigrette, especially those with pungent cheeses. If you find yourself with an empty bottle, a basic vinaigrette is 2 parts oil to approximately 1 part acid, depending on what kind of acid is being used. Or just a simple sprinkling of lemon juice brightens the flavors and will not compete with any other flavors in the salad.

Like something else? Try it! Be creative. Enjoy!

