



A Nutrition Resource



INVENT A SALAD

Salads make a great side dish or a meal on their own. Try adding plenty of colors and a variety of food groups to salads. Not only do color and variety make salads tastier, they make them healthier and a great way to use foods you have on hand.

Choose one or more ingredients from the first three columns. Fruit and toppings can be added, if desired.			
LEAFY VEGETABLES	RAW CHOPPED VEGETABLES	PROTEIN	FRUIT
<i>Use plenty</i>	<i>As much as you like</i>	<i>1/2 cup per serving</i>	<i>1/2 cup per serving</i>
<ul style="list-style-type: none"> • Artichoke • Beet greens • Collards • Cabbage • Chard • Dandelion leaves • Endive • Escarole • Garden cress • Arugula • Iceberg lettuce • Kale • Kohlrabi • Mustard greens • Romaine • Spinach • Swiss chard • Turnip greens 	<ul style="list-style-type: none"> • Avocado • Bell pepper (yellow, green, or red) • Bok choy • Brussels sprouts • Broccoli • Carrot • Cauliflower • Corn • Cucumber • Green bean • Green onion • Jicama • Mushrooms • Onion • Peas • Radishes • Tomatoes 	<ul style="list-style-type: none"> • Canned beans • Canned salmon • Canned meats • Chicken • Cooked beans • Cooked chicken • Cooked pork • Cooked turkey • Hard cooked eggs • Tofu • Tuna fish 	<ul style="list-style-type: none"> • Apple • Blueberries • Mandarin oranges • Pear • Pineapple • Strawberries • Raisins or other dried fruit • Raspberries
			TOPPINGS
			<i>1 Tablespoon/ Serving</i>
			<ul style="list-style-type: none"> • Chinese noodles • Cheese, grated, crumbled, or cubed • Cooked whole grains (brown rice, whole wheat pasta, etc.) • Cracker crumbs, croutons • Nuts (Almonds, walnuts, etc.) • Olives • Seeds

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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



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Favorite Combinations

When putting together a salad, use what you have on hand. Be creative! Any combination of foods can be used. Salads can be easily personalized to suit every member of the family.

	LEAFY VEGETABLES	CHOPPED RAW VEGETABLES	PROTEIN	FRUIT	TOPPINGS	DRESSING
COBB SALAD	Romaine lettuce	Tomato, avocado	Hard cooked egg, chicken	-----	Bacon bits, blue cheese	Vinaigrette
CHEF'S SALAD	Romaine, spinach, or other leafy green	Broccoli, tomato	Strips of chicken, ham, roast beef, hard cooked egg	-----	Croutons, sunflower seeds	Your choice
SPINACH SALAD	Spinach leaves	Thin-sliced red onion, sliced mushrooms	-----	Sliced strawberries or mandarin oranges	Sliced almonds	Vinaigrette
SAN JOSE SALAD	Romaine lettuce	Sliced red onion, avocado	Sautéed pecans	Sliced green apples	Feta cheese	Optional: vinaigrette
GREEK SALAD	Romaine lettuce	Artichoke hearts, sliced red onion, tomato, cucumber	Cubed chicken	-----	Feta cheese	Juice from artichoke hearts with a pinch of garlic powder or basil
ITALIAN STYLE KIDNEY BEAN SALAD	-----	Chopped zucchini, tomato	Cooked kidney beans	-----	Cubed mozzarella, Monterey jack	Italian dressing



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