



A Nutrition Resource

# SUPER SUMMER SALADS

It's summertime! No one feels like cooking in a hot kitchen. Here are some delicious salad recipes to make early in the day and serve for dinner or take on picnics. Salads taken to picnics should be kept cold in a cooler or refrigerator until ready to serve.

## Create Your Own Salad

**Yield: 1 Servings | Serving Size: 4 cups**

- 2 cups salad greens (romaine, spinach, or mixture)
- 1 cup chopped vegetables and/or fruits, such as cucumber, frozen peas (thawed), tomato, carrots, red onion, mango, avocado, or salsa
- 3 ounces chopped, cooked chicken, beef, or pork, **or** ¼ cup cooked beans / ¼ cup canned beans, rinsed and drained
- 1 Tablespoon chopped, dried fruit, shredded cheese, or chopped nuts
- 2 Tablespoons low-fat salad dressing

Arrange greens on large plate or bowl. Add vegetables and/or fruits, plus meat or beans. Add dried fruit, cheese, or nuts

***Nutrition Facts label shows nutrients for:** 2 cups romaine lettuce, ¼ cup sliced cucumber, ¼ cup peas, ¼ cup chopped tomatoes, ¼ cup chopped carrots, 3 ounces chopped chicken, 1 Tablespoon raisins, 2 Tablespoons light Italian dressing*

## Pasta Chicken Salad

**Yield: 6 Servings | Serving Size: 1 1/4 Cup**

- 3 cups cooked whole wheat pasta
- 1½ cups cooked, chopped chicken or other cooked, chopped meat
- ½ cup chopped onion
- 1 cup diced celery
- 1 cup frozen peas or fresh broccoli florets
- ¾ cup low-fat salad dressing, such as Italian

In a large bowl, mix together the pasta, meat, and vegetables. Add dressing and mix to coat all ingredients. Chill before serving. (Frozen peas will thaw while the salad is chilling.)

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>4 cups (362g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 390mg	<b>17%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 16g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 24g	
Vitamin D 0mcg	0%
Calcium 69mg	6%
Iron 4mg	20%
Potassium 628mg	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Nutrition Facts	
6 servings per container	
<b>Serving size</b>	<b>1 1/4 cup (193g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 430mg	<b>19%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	
Vitamin D 0mcg	0%
Calcium 51mg	4%
Iron 2mg	10%
Potassium 204mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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**MONTANA**  
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EXTENSION

## Crunchy Cabbage Salad

Yield: 8 Servings | Serving Size: 3/4 Cup

½ head cabbage, shredded or one 16-ounce bag shredded cabbage or broccoli coleslaw

2 cups mixed vegetables and/or fruit, such as chopped peppers, onions, or celery; shredded or diced carrots, frozen peas (thawed); pineapple chunks or mandarin oranges (drained); cantaloupe chunks, cherry tomatoes, or grapes (halved)

½ cup light or low-calorie dressing

- 1) Wash cabbage by putting it in a colander, rinse with cool water, and let it drain.
- 2) Add the drained cabbage and other vegetables and/or fruit together in a large bowl; stir in the dressing.
- 3) Cover and refrigerate until serving.

**Nutrition Facts label shows nutrients for:** ½ head of cabbage, ½ cup chopped green pepper, ½ cup chopped onion, ½ cup diced celery, ½ cup grated carrot, and ½ cup light ranch salad dressing.

Nutrition Facts	
8 servings per container	
Serving size	3/4 cup (105g)
Amount per serving	
<b>Calories</b>	<b>60</b>
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 31mg	2%
Iron 0mg	0%
Potassium 166mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Summer Bounty Salad

Yield: 9 Servings | Serving Size: 1 Cup

7 cups mixed vegetables (such as carrots, zucchini, radishes, broccoli, green onions, etc.)

1 bell pepper, sliced (green, red, yellow, or orange)

2 tomatoes (red, yellow, or mixed)

1½ cup fat-free or light dressing

- 1) Wash and chop or slice the vegetables. If you plan to make the salad ahead or keep it for several days, seed the tomatoes or the tomatoes will make the salad too juicy.
- 2) Combine all the vegetables and salad dressing in a bowl, stir well to coat vegetables. Cover and refrigerate 1-3 hours to blend flavors.

**Nutrition Facts label shows nutrients for:** 2 cups chopped zucchini, 2 cups broccoli florets, 1 cup chopped carrot, 1 cup sliced radishes, 1 cup chopped green onion, 1 green pepper, 2 large tomatoes, and 1½ cup fat-free ranch dressing.

Nutrition Facts	
9 servings per container	
Serving size	1 cup (166g)
Amount per serving	
<b>Calories</b>	<b>70</b>
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 38mg	2%
Iron 1mg	6%
Potassium 298mg	6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Iowa State Extension

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