

# Food for Thought

July 2019

## Keep it Cool with Summer Salads

Salads can provide a nutritious and refreshing meal for when it is just too hot to cook. With the amount of fresh produce available at this time of year, there are almost endless nutritious salad combinations to try. Some tips to build the ultimate summer salad add:



- **Greens** – Get creative with your greens! Go beyond the traditional spinach and romaine, and try kale, arugula, escarole or Swiss chard. Or for a completely different base, try making spirals or strips of zucchini.
- **Extra veggies** – Add in as many additional veggies as you like. Veggies are packed full of vitamins and minerals, and add flavor and crunch to your salad.
- **Protein** – Pick a protein or two! If you are vegetarian, or even if you're not, try tofu, beans or soybeans on your salad for a change. Choose lean proteins like chicken, fish or eggs. Added protein will help you stay fuller longer.
- **Healthy Fats** – Try avocado, sunflower seeds, walnuts or almonds as an interesting topping. If you are a cheese-lover, add a portion of your low-fat favorite into the mix. Remember, a serving of cheese is 1.5 ounces or about the size of four dice.
- **Fun mix-ins for texture and flavor** – Add in other items for texture and flavor. Try something sweet like sliced apple, mango chunks, strawberries or any dried fruit. If you want a little crunch, add tortilla chips or croutons. Another option to make it a heartier salad would be to add some grains; brown rice, quinoa or couscous all work well in a salad. Grains can round out the salad, making this meal contain all 5 food groups.
- **Dress it up!** – With 1-2 tablespoons of low-fat dressing. You can also make your own vinaigrette by the classic 3:1 ratio of oil to vinegar. Then just shake it up after you add your favorite herbs, chilies, salt and/or pepper. Throw everything in a bowl, toss it together, and you have a quick-and-easy, no-cook meal.

### Marinated Vegetable Salad

1 head broccoli, cut in florets  
1 head cauliflower, cut in florets  
1 cup carrots, sliced  
Optional: Avocado, marinated artichoke hearts, or any vegetable.

1 small red onion, sliced  
1 tomato, diced  
1 cup non-fat Italian dressing

Mix all ingredients and allow to marinate in refrigerator several hours.



**July 2019**

**Eat Smart Idaho Nutrition Activity Calendar**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
<p>1 <u>Rethink Your Drink Demo</u> @ Post Falls Food Bank – 415 E. 3<sup>rd</sup> Ave – Post Falls – 11:30 to 1:30</p>	<p>2 <u>General Nutrition Mobile Food Bank Demo</u> @ Christ the Redeemer – 1900 Pine St – Sandpoint – 11:00 to 1:00</p>	<p>3 <u>Fix it Safe Demo</u> @ CAP Food Bank – 4144 Industrial Loop – CDA – 1:00 to 3:00</p>	<p>4 </p>
<p>8 <u>Focus on Fruit &amp; Veggies Demo</u> @ Post Falls Food Bank – 415 E. 3<sup>rd</sup> Ave – Post Falls – 11:30 to 1:30</p>	<p>9</p>	<p>10 <u>MyPlate Demo</u> @ CAP Food Bank – 4144 Industrial Loop – CDA – 1:00 to 3:00</p>	<p>11 <u>Choosing to Move More</u> @ Christ the King – 1700 E Pennsylvania Ave – CDA – 11:00 to 12:00  <u>General Nutrition Demo</u> @ Canvas Food Bank – 2200 N. 7<sup>th</sup> St. – CDA – 2:00 to 4:00</p>
<p>15 <u>MyPlate on a Budget Demo</u> @ Post Falls Food Bank – 415 E. 3<sup>rd</sup> Ave – Post Falls – 11:30 to 1:30</p>	<p>16 <u>Choosing Whole Grains Demo</u> @ Deary Food Bank – 405 Main St. – Deary – 1:00 to 3:00</p>	<p>17 <u>Smart Snackers Demo</u> @ CAP Food Bank – 4144 Industrial Loop – CDA – 1:00 to 3:00  <u>Choosing to Move More Demo</u> @ Troy Food Bank – 106 E. 6<sup>th</sup> St. – Troy – 4:00 to 7:00</p>	<p>18 <u>Choosing More Fruits &amp; Veggies</u> @ Christ the King – 1700 E Pennsylvania Ave – CDA – 11:00 to 12:00  <u>Choosing Whole Grains Demo</u> @ Moscow Food Bank – 110 N. Polk St – Moscow – 2:00 to 4:00</p>
<p>22 <u>Make Half Your Grains Whole Demo</u> @ Post Falls Food Bank – 415 E. 3<sup>rd</sup> Ave – Post Falls – 11:30 to 1:30</p>	<p>23</p>	<p>24 <u>Read It Before You Eat It Nutrition Facts Demo</u> @ CAP Food Bank – 4144 Industrial Loop – CDA – 1:00 to 3:00  <u>Healthier Foods Fast Demo</u> @ CAP Food Bank – 124 New 6<sup>th</sup> St – Lewiston – 1:00 to 3:00</p>	<p>25 <u>Healthier Foods Fast Demo</u> @ Potlatch Food Bank – 510 Pine Street – Potlatch – 10:00 to 12:00  <u>Fix it Safe</u> @ Christ the King – 1700 E Pennsylvania Ave – CDA – 11:00 to 12:00 <u>Smart Your Portions</u> @ Moscow Hope Center – 1212 W. Pullman Rd – CDA – 4:10 to 5:00</p>
<p>29 <u>Go Lean with Protein Demo</u> @ Post Falls Food Bank – 415 E. 3<sup>rd</sup> Ave – Post Falls – 11:30 to 1:30</p>	<p>30 <u>Color Your Plate Demo</u> @ CAP Food Bank – 4144 Industrial Loop – CDA – 1:00 to 3:00 <u>Choosing to Move More</u> @ Post Falls Food Bank – 415 E. 3<sup>rd</sup> Ave – Post Falls – 4:00 to 5:00</p>	<p>31</p>	<p>Sources: <a href="http://msue.anr.msu.edu/news/keep_it_cool_with_summer_salads">http://msue.anr.msu.edu/news/keep_it_cool_with_summer_salads</a>; <a href="https://extension.purdue.edu/foodlink/recipe.php?recipe=Cucumber%20Salad">https://extension.purdue.edu/foodlink/recipe.php?recipe=Cucumber%20Salad</a>; <a href="https://extension.usu.edu/boxelder/ou-files/fn253.pdf">https://extension.usu.edu/boxelder/ou-files/fn253.pdf</a> retrieved 06/30/17</p>

**Eat Smart Idaho can help you learn how to eat well for less. For information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:**

Panhandle: Benewah, Bonner, Boundary, Kootenai & Shoshone Counties  
208-446-1680

North Central Idaho: Clearwater, Idaho, Latah, Lewis, & Nez Perce Counties  
208-883-2267



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