Keep it Cool With Summer Salads

Summer salads are a great choice to help beat the heat outside. There are almost endless nutritious salad combinations with the produce in season. To build the ultimate summer salad you need:

- **Greens** – get creative. Go beyond the traditional spinach and romaine. Try kale, arugula, escarole or Swiss chard. For something different as a base, try making spirals or strips of zucchini.

- **Extra veggies** – Feel free to add as many additional veggies as you like. Veggies are packed full of vitamins and minerals, and will add flavor and crunch to your salad.

- **Protein** – Pick a protein! Vegetable protein options taste great in a salad. Try tofu, beans or soybeans. If you prefer, choose lean proteins like chicken, fish or eggs. Protein will help you stay fuller longer.

- **Healthy Fats** – By adding healthy fats to your salad, your body can more readily absorb all of the nutrients in your healthy, veggie-filled salad. 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 anything else you prefer for texture and flavor. Try something sweet like sliced apple, mango chunks, strawberries or any dried fruit. 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 round out the salad, making the salad contain all 5 food groups.

- **Dress it up!** – Now that you have already added a ton of flavor, all you will need is 1-2 tablespoons of low-fat dressing to finish up. 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. Toss it all together, and you have a quick-and-easy, no-cook meal.
Hydration Salad

1 medium honeydew melon, cubed
1 medium cantaloupe, cubed
1 small cucumber (seedless), cubed
2 limes cut in quarters
1/8 teaspoon sea salt

Mix honeydew melon, cantaloupe and cucumber in a bowl and stir in lime juice. When ready to serve add sea salt. Enjoy!

Cabbage Salad Roll-Ups

1/4 c. red cabbage, chopped 1/4 cup green cabbage, chopped
1/4 carrot, grated 2 Tbsp. raisins
1 tsp. sesame seeds 1 Tbsp. low-fat salad dressing
4-6 romaine, cabbage or iceberg lettuce leaves

Combine red and green cabbage, carrot, sesame seeds, and raisins in a small mixing bowl. Add salad dressing to the salad and stir well. Take one spoonful of

Sources: http://msue.anr.msu.edu/news/keep_it_cool_with_summer_salads; http://ext100.wsu.edu/clark/healthwellness/nutrition/nutritioneducation/recipes/ retrieved 07/25/16

For Information on Eat Smart Idaho classes, contact the Nutrition Advisor in your county:

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Bonner & Boundary: 263-8511
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