



A nutrition Fact Sheet



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 your salads. Not only does it make them tastier, it makes them healthier and it is a great way to use the 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
Use plenty	As much as you like	½ cup per serving	½ cup per serving
Artichoke	Avocado	Canned beans	Apple
Beet greens	Bell pepper (yellow, green, or red)	Canned salmon	Blueberries
Collards	Bok choy	Canned meats	Mandarin oranges
Cabbage	Brussels sprouts	Chicken	Pear
Chard	Broccoli	Cooked beans	Pineapple
Dandelion leaves	Carrot	Cooked chicken	Strawberries
Endive	Cauliflower	Cooked pork	Raisins or other dried fruit
Escarole	Corn	Cooked turkey	Raspberries
Garden cress	Cucumber	Hard cooked eggs	
Arugula	Green beans	Tofu	Toppings
Iceberg lettuce	Green onion	Tuna fish	1 Tablespoon per serving
Kale	Jicama		Chinese noodles
Kohlrabi	Mushrooms		Cheese, grated, crumbled, or cubed
Mustard greens	Onion		Cooked whole grains (brown rice, whole wheat pasta, etc.)
Romaine	Peas		Cracker crumbs, croutons
Spinach	Radishes		Nuts (Almonds, walnuts, etc.)
Swiss chard	Tomatoes		Olives
Turnip greens			Seeds (Sunflower, pumpkin, etc.)

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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.

Favorite Combinations

When putting together a salad, use what you have on hand. Be creative! Any combination of foods you enjoy 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, and roast beef, hard cooked egg	-----	Croutons, sunflower seeds	Your choice
Spinach Salad	Spinach leaves	Thinly sliced red onion, sliced mushrooms	-----	Sliced strawberries or mandarin oranges	Sliced almonds	Vinaigrette
San Jose Salad	Romaine lettuce	Sliced purple onion, avocado	Sautéed pecans	Sliced green apples	Feta cheese	Optional: Vinaigrette
Greek Salad	Romaine lettuce	Artichoke hearts, sliced purple onions, tomatoes, cucumbers	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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