



Healthy
SALADS



RECIPES

PEACH SPINACH SALAD WITH FETA

Makes 4 servings

1 ¼ cups = 100 calories, 8g carbs, 4g protein, 6g fat

6 cups fresh baby spinach

2 Tbsp white wine vinegar

1 Tbsp olive oil

1 Tbsp finely chopped shallot

2 tsp water

1 tsp honey mustard

⅛ tsp salt

1 medium peach, pitted

3 Tbsp crumbled reduced-fat feta cheese

1 Tbsp pine nuts, toasted

Place spinach in a large bowl; set aside. Combine vinegar, olive oil, shallot, water, honey mustard, and salt in a screw-top jar. Cover and shake well. Add to spinach and toss well. Divide spinach among four salad plates. Top with peach or apple slices, feta cheese, and pine nuts.



RECIPES

SPRING ASPARAGUS SALAD

Makes 6 servings

1/6 recipe = 95 calories, 6g carbs, 3g protein, 8g fat

1 Tbsp rice vinegar

1 tsp red wine vinegar

1 tsp soy sauce

1 tsp white sugar

1 tsp Dijon mustard

2 Tbsp peanut oil

1 Tbsp sesame oil

1 1/2 pounds fresh asparagus, trimmed and cut into 2 inch pieces

1 Tbsp sesame seeds

Whisk together the rice vinegar, red wine vinegar, soy sauce, sugar, and mustard. Drizzle in the peanut oil and sesame oil while whisking vigorously to emulsify. Set aside. Bring a pot of lightly-salted water to a boil. Add the asparagus to the water and cook 3 to 5 minutes until just tender, but still mostly firm. Remove and rinse under cold water to stop from cooking any further. Place the asparagus in a large bowl and drizzle the dressing over the asparagus. Toss until evenly coated. Sprinkle with sesame seeds to serve.



RECIPES

MIDDLE EASTERN ZOODLE SALAD

Makes 4 servings

1 ¼ cups = 74 calories, 8g carbs, 2g protein, 4g fat

1 large or 2 medium zucchini, cut into spirals

(or 4-5 cups zucchini “noodles”)

2 cups cherry tomatoes, halved

1 large carrot, cut into thin ribbons using a vegetable peeler

2 Tbsp finely chopped fresh chives

1 Tbsp balsamic vinegar

1 Tbsp olive oil

¼ tsp za’atar seasoning or Italian seasoning

¼ tsp salt (or to taste)

1 Tbsp finely grated Parmesan cheese

Put zucchini noodles in a large bowl. Snip into 4-6 inch lengths using kitchen shears. Add tomatoes, carrots and chives. Drizzle with balsamic vinegar and oil and sprinkle with seasonings. Toss to combine and sprinkle with Parmesan before serving. Serve immediately or chill, covered, up to one day.



RECIPES

CRUNCHY CABBAGE SALAD

Makes 5 servings

$\frac{1}{5}$ recipe = 65 calories, 9g carbs, .5g protein, 3g fat

$\frac{1}{3}$ green cabbage, shredded

1 green apple (*Granny Smith*)

1 carrot, grated

1 red pepper, diced

$\frac{1}{4}$ cup fresh dill, chopped (*or more to taste*)

3 Tbsp white vinegar

1 Tbsp olive oil

$\frac{1}{2}$ Tbsp sugar

Salt to taste

1 Tbsp lemon juice

Place shredded cabbage into a large mixing bowl. Sprinkle with sugar and massage the cabbage with your hands for about 30 seconds. This will help to break down the fibers and make the cabbage softer. Chop the apple and toss it in the lemon juice. Add the apple, carrot, red pepper, dill, white vinegar, and oil. Season with salt and toss to combine.



RECIPES

CHOPPED MEDITERRANEAN SALAD

Makes 2 servings

½ recipe = 100 calories, 7g carbs, 4g protein, 6g fat

1 Tbsp basil pesto (*purchased in a jar*)

2 tsp white balsamic vinegar

(*or regular balsamic vinegar*)

⅓ cup chopped seeded tomato

⅓ cup chopped zucchini

⅓ cup chopped yellow, orange or red bell pepper

⅓ cup broccoli

1 cup mixed salad greens

2 Tbsp crumbled reduced-fat feta cheese

Optional: Sliced olives

Combine pesto and vinegar in a small bowl. Stir in tomato, zucchini, bell pepper and broccoli. If desired, divide greens between two serving plates. Top with vegetable mixture. Sprinkle with feta cheese.



RECIPES

SHREDDED BRUSSELS SPROUTS SALAD

Makes 6 servings

$\frac{3}{4}$ cup = 156 calories, 18g carbs, 3g protein, 9g fat

1 Tbsp cider vinegar

1 Tbsp Dijon mustard

2 tsp honey

1 small clove garlic, minced

2 Tbsp olive oil

1 lb Brussels sprouts, halved and thinly sliced

1 small red onion, halved and thinly sliced

$\frac{1}{3}$ cup dried cranberries

$\frac{1}{3}$ cup chopped pecans, toasted

Whisk together the first 4 ingredients; gradually whisk in oil until blended. Place Brussels sprouts, onion and cranberries in a large bowl; toss with dressing. Refrigerate, covered, at least 1 hour. Stir in pecans just before serving.