

It's Salad Season!

Salads are a favorite part of cookouts and picnics, and a great warm weather meal when you don't want to heat up the kitchen. Salad also may make you feel more satisfied than some other foods, because it requires a lot of chewing and because it usually takes some time to eat salad, allowing your body to recognize that your hunger is satisfied.

Like most other foods, salads are not necessarily low calorie and may not even be healthy eating. Here are some ways to maximize the nutritional value of your salads and keep salt and fats at a healthy level.

Shop often for produce, and pick vegetables and fruits that were ripened on the plant if available. Avoid produce that is wilted or shriveled-looking, or that has bruises or spoiled spots. Buy only enough to last a few days. Store vegetables in a cold environment (near freezing.) Wash and cut fruits and vegetables just before you use them to preserve nutrients.

Aim for 5 different colors in your salad:

- **Green:** artichoke hearts, spinach, avocado, broccoli, romaine and leaf lettuce, olives, green beans, peas, cucumbers, celery.
- **Red:** tomatoes, red peppers, beets, radishes, red onion, red grapes, apples, salsa
- **Orange/yellow:** carrots, yellow summer squash,

yellow beets, oranges, melon, pineapple, tangerines

- **Blue/purple:** eggplant, purple cabbage, blueberries, blackberries, raisins
- **White:** mushrooms, cauliflower, garlic, jicama, onions, water chestnuts

Make it a meal: Add **lean protein** that is low in saturated fat such as hardboiled eggs, chicken, tuna, shellfish or tofu. Legumes such as chickpeas, white or red kidney beans, black beans and hummus have both protein and fiber. Nuts are a delicious way to add protein and fiber and healthy fats.

Use cheese sparingly, sprinkling grated or crumbled cheese on the top of a salad for flavor.

Avoid processed meats such as ham and salami, which are often high in calories, saturated fat and sodium, and **avoid high fat dressings**. Most of the calories in salads come from the dressing. Limit creamy salad dressings. Use Italian, vinaigrettes and vinegars. Put the dressing on the side, not directly on the salad. Try dipping your fork in the dressing before you pick up a bite of food. Make your chicken, tuna, macaroni or potato salad are typically made with reduced fat mayonnaise or with an oil and vinegar dressing.

Recipe of the Week: Potato and Green Bean Salad

from Jane Brody's Good Food Book serves 6

1 pound green beans, cut in 2" pieces
4 large potatoes
2 scallions, sliced

dressing:

2 Tablespoons olive oil
2 Tablespoons white wine vinegar
1 large garlic clove, minced or crushed
1 small red onion, sliced into thin rings
½ teaspoon oregano
½ teaspoon salt if desired
1/8 teaspoon ground black pepper

1. Steam or microwave beans till tender-crisp, and keep warm.
2. Cook potatoes till just soft. Peel, cube and keep warm.
3. Combine dressing ingredients in a jar. Shake dressing and pour over the vegetables. Toss salad gently to mix ingredients well.
4. Cover the salad and chill for several hours or overnight.

Nutrition facts:

Calories: 154	Total fat: 5g	Saturated fat: 1g
Fiber: 5g	Protein: 4g	Sodium: 207mg

Tip of the Week: **Enjoyment Before Effort** - After you finish any workout, ask yourself what parts you enjoyed and what parts you did not. As a rule, the enjoyable aspects of your workout will get done and the rest will be avoided. By focusing on how you can make workouts more enjoyable, you can make sure you want to keep going to the gym.

--- from "15 Tips to Restart the Exercise Habit (and How to Keep It)" by Scott H. Young, www.lifehack.org