



**Events this Week**

**QUICK TIPS TABLE**

**Salad Bar Savvy**  
Wednesday, April 4:  
11:30AM – 1:30PM  
Cafeteria

To purchase a pedometer, visit the Step Ahead office at S7-746.

Step Ahead can come to you! Contact us to schedule a workshop for your group. Call us at 508/856-2319 or 800/522-4617, or email at info@stepaheadprogram.com.

## Salad Bar Savvy

Stop by the cafeteria April 4<sup>th</sup> and 10<sup>th</sup> to see the difference between a healthy and unhealthy salad, try samples, and get recipes to create delicious, beautiful and healthy salads from the salad bar.

Salads made from salad bars in the cafeteria or in many supermarkets can be a quick and convenient way to add those nutritious vegetables your body craves. Healthy salad is more than iceberg lettuce and crotons. A healthy salad has a rainbow of colorful vegetables or fruit. Here are some tips:

### 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 of any shape and size, 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 or, tofu. Legumes such as chickpeas, white or red kidney beans, black beans and hummus have both protein and fiber.

### Salad bars also have an unhealthy side.

Too much of the wrong stuff can change any healthy salad to one that has more fat and calories than a Big Mac. **Ham and salami:** Avoid these processed meats that can be high in calories and saturated fat. **Cheese:** Pass the cubed or sliced cheese. One ounce of cheddar cheese has 9g fat. Sprinkle a little shredded cheese on the top for flavor. You'll eat less. **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. **Creamy Salads:** Avoid the creamy salads. Chicken, tuna, macaroni or potato salad are typically made with high fat mayonnaise.

## Recipe of the Week

**Spinach and Cheese Breakfast Casserole**  
Makes 6 servings

### Custard:

- 4 large egg whites
- 4 large eggs
- 1 cup fat free milk
- 2 Tbsp. Dijon mustard
- ¼ tsp. freshly ground pepper
- 1 tsp. minced fresh rosemary (1/2 tsp. dried)

### Bread & filling:

- 4 cups whole-grain bread, crusts removed if desired, cut into 1-inch cubes.
- 1 pound frozen spinach, thawed and squeezed dry (or 5 cups chopped fresh spinach, wilted)
- ½ cup chopped jarred roasted red peppers, drained (or ½ cup fresh red pepper)

### Topping:

- ¾ cup shredded Gruyere cheese (or ¾ cup shredded reduced fat Swiss Cheese)
- Preheat oven to 375° F. Spray an 11-by-7-inch baking dish or a 2-quart casserole with cooking spray.

- Prepare custard: Whisk together egg whites, eggs and milk in a medium bowl. Add mustard, pepper and rosemary; whisk to combine.
- Toss bread, spinach and red peppers in a large bowl. Add the custard and mix well. Put mixture in baking dish and push down to compact. Cover with foil.
- Put in oven. Bake 40-45 minutes until the custard has set. Remove foil, sprinkle with cheese and bake until puffed and golden on top, 15 to 20 minutes more. Cool for 15 to 20 minutes before serving.

### Make Ahead

Prepare steps 1 – 3 and refrigerate overnight. Let stand at room temperature while the oven preheats. Bake as directed in Step 4. To wilt spinach, rinse thoroughly. Transfer to a microwave-safe bowl. Cover with plastic wrap and punch several holes in the wrap. Microwave on high until wilted, 2 to 3 minutes. Squeeze out any excess moisture before adding to the recipe.

### Nutritional Information:

Total Calories: 216  
Saturated fat: 3.7g  
Fiber: 4g  
Total Fat: 9g  
Carbohydrates: 18.6g  
Protein: 16g

## Tip of the Week

Muscle burns more calories, even at rest. Strength training increases metabolic rate and daily energy expenditure (up to 15% with regular strength training).

To learn more about Step Ahead visit [www.stepaheadprogram.com](http://www.stepaheadprogram.com)