



SALAD SAVVY

As a side dish or main meal, a salad is more than iceberg lettuce and croutons. A healthy salad has a variety of colorful vegetables, fruit and textures. Step Ahead has collected a variety of salad recipes that are far from boring. Some use unique ingredients; others are healthy twists on old standbys. All the salads use vegetables and whole grains as the basis. A great salad deserves a flavorful dressing that does not add much fat and calories.

- **Make it a Rainbow:** add a variety of colorful fresh, steamed or grilled vegetables and fresh seasonal fruit.
- **Pasta Salads:** use whole wheat pasta, and add extra vegetables for added flavor and crunch. Use reduced fat mayonnaise and fat-free sour cream for the dressing.
- **Cheese:** use one of the reduced fat varieties and use less; treat it like an herb or seasoning.
- **Dressings:** use a lower fat version and be careful not to use too much. Try dipping your fork in the dressing before you pick up a bite of food. If making a salad to feed a crowd, use about 1 teaspoon of dressing per person and toss well.
- **Make it a Meal:** add protein low in saturated fat such as boiled egg; leftover grilled or baked chicken or fish; steamed shrimp or chickpeas, white or red kidney beans or black beans.
- **Time saving tip:** make a large salad for a few meals throughout the week. Store it in an air-tight container in the refrigerator.