

HEALTHFUL TIPS

Super Summer Salad Toppers



Salads are a healthy option throughout the year, but make an especially enjoyable meal during the summer months. Here are the ingredients for a healthy, light and delicious treat.

Start with darker, more nutritious shades of green as a base. Consider spinach, romaine, arugula and escarole in place of or in addition to iceberg lettuce. Full of fiber and low in calories, greens will add 5–10 calories per cup.

Veggies are great low-calorie/high-fiber/nutrient-rich salad building blocks—think broccoli, tomato, onion, cauliflower, peas, pea pods, sprouts, asparagus, green beans, carrots, radishes, avocado, artichoke and cucumbers. Each unique in the healthy nutrients they provide, vegetables provide about 40 calories per cup.

Fruit adds sweetness, fiber and nutrients to a salad. Consider crunchy slices of apple, sweet berries—raspberries, blueberries, blackberries and strawberries—and orange slices. A cup of fruit provides 60–80 calories per cup.

Pick lean protein options such as grilled chicken, salmon, tuna or lean steak. Sprinkle stronger-flavored cheese like parmesan in moderation. A thin slice of fresh mozzarella provides a unique flavor and texture. Use the higher-fat protein options of shredded cheese and boiled eggs in smaller amounts. Two or three ounces of protein will

add anywhere from 80–200 calories to your salad.

Beans add fiber, protein and interest. Look for organic black, garbanzo, pinto and kidney beans. One-quarter cup of beans will add about 60 calories.

Nuts add a crunch of healthy fats and vitamins—they are a concentrated source of calories, so don't overdo it. Try a sprinkle of almonds, hazelnuts, pecans, cashews or pistachios. One-eighth cup of nuts will add about 90 calories.

Salad dressings top off the salad. Look in the produce section for no-added-sugar, low-fat options. Dressings with a thin texture will lightly flavor your salad, allowing the flavor of the fresh ingredients to shine. Salad dressings can easily add 90 calories or more per 2 tablespoon serving, so be watchful.

