

# 31 Healthy Salads to Eat This Month

						
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## Mexican Pasta Salad with Creamy Avocado Dressing

**ACTIVE:** 20 minutes **TOTAL:** 20 minutes

**TO MAKE AHEAD:** Refrigerate, without dressing, for up to 1 day. Toss with the dressing about 1 hour before serving.

*Everyone will love this Mexican-inspired pasta salad recipe. We lighten up the creamy dressing with avocado for a healthier version of a picnic favorite.*

### DRESSING

- ½ ripe avocado
- ¼ cup mayonnaise
- 2 tablespoons lime juice
- 1 small clove garlic, grated
- ½ teaspoon salt
- ¼ teaspoon cumin

### PASTA SALAD

- 8 ounces whole-wheat fusilli (about 3 cups)
- 1 cup halved grape or cherry tomatoes
- ½ cup canned black beans, rinsed
- ½ cup corn, fresh or frozen (thawed)
- ½ cup shredded Cheddar cheese

- ¼ cup diced red onion
- ¼ cup chopped fresh cilantro

**1. To prepare dressing:** Combine avocado, mayonnaise, lime juice, garlic, salt and cumin in a mini food processor. Puree until smooth.

**2. To prepare pasta salad:** Cook pasta in a large pot of boiling water according to package directions. Drain, rinse with cold water, then drain again. Transfer to a large bowl. Stir in tomatoes, beans, corn, Cheddar, onion and cilantro. Add the dressing and toss to coat.

**SERVES 6:** 1 cup each

**CAL** 290, **FAT** 13G (SAT 3G), **CHOL** 13MG, **CARBS** 37G, **TOTAL SUGARS** 3G (ADDED 0G), **PROTEIN** 8G, **FIBER** 6G, **SODIUM** 343MG, **POTASSIUM** 254MG.



## Tropical Cucumber Salad

**ACTIVE:** 15 minutes **TOTAL:** 15 minutes

**TO MAKE AHEAD:** Refrigerate for up to 1 hour.

*Combine cucumber, avocado and mango with a salty-sweet dressing for a taste of the tropics.*

- 3-5 teaspoons fish sauce
- 1 teaspoon freshly grated lime zest, plus more for garnish
- 2 tablespoons lime juice
- 1 tablespoon canola oil
- 2 teaspoons light brown sugar
- 1 teaspoon rice vinegar
- ¼ teaspoon crushed red pepper
- 1 medium English cucumber, cut into ¾-inch dice
- 1 avocado, cut into ¾-inch dice
- 1 mango, cut into ¾-inch dice (*see Tip*)
- ¼ cup chopped fresh cilantro

Whisk fish sauce to taste, lime zest, lime juice, oil, brown sugar, vinegar and crushed red pepper in a large bowl until combined. Add cucumber, avocado, mango and cilantro; gently toss to coat. Serve garnished with lime zest, if desired.

**SERVES 4:** about 1 cup each

**CAL** 185, **FAT** 11G (SAT 1G), **CHOL** 0MG, **CARBS** 22G, **TOTAL SUGARS** 14G (ADDED 2G), **PROTEIN** 3G, **FIBER** 5G, **SODIUM** 305MG, **POTASSIUM** 510MG.

**NUTRITION BONUS:** VITAMIN C (68% DAILY VALUE), VITAMIN A (23% DV).

### TIP:

To peel a mango, slice both ends off to reveal the long, slender seed. Set the fruit upright and remove the skin with a sharp knife. With the seed perpendicular to you, slice the fruit from both sides of the seed, yielding two large pieces. Turn the seed parallel to you and slice the two smaller pieces of fruit from each side.



## Composed Bean Salad with Basil Vinaigrette

**ACTIVE:** 30 minutes **TOTAL:** 30 minutes

**TO MAKE AHEAD:** Refrigerate green beans (Step 1) and dressing (Step 2) in separate containers for up to 1 day.

*Channel your inner food stylist while arranging the beans and vegetables for this show-stopping composed bean salad recipe. Serve at a potluck or for a beautiful salad at brunch alongside grilled chicken, scallops or fish.*

- 2 cups green beans (about 8 ounces), trimmed
- ½ cup fresh basil, plus 2 tablespoons chopped for garnish
- 1 small shallot, quartered
- ¼ cup extra-virgin olive oil
- 3 tablespoons red-wine vinegar
- 2 teaspoons honey or agave syrup
- 2 teaspoons Dijon mustard
- ¼ teaspoon salt
- ½ teaspoon ground pepper
- 1 15-ounce can chickpeas, rinsed

- 1 15-ounce can dark red kidney beans, rinsed
- 1 15-ounce can black beans, rinsed
- 1 15-ounce can cannellini or navy beans, rinsed
- 1 cup halved cherry tomatoes
- ½ cup very thinly sliced radishes

1. Steam green beans in a large saucepan fitted with a steamer basket until crisp-tender, about 4 minutes. Spread them out to cool.
2. Meanwhile, combine ½ cup basil, shallot, oil, vinegar, honey (or agave), mustard, salt and pepper in a blender. Puree until smooth.
3. Arrange the green beans and remaining ingredients on a platter. Serve with the dressing. Garnish with the chopped basil, if desired.

**SERVES 8:** about 1 cup each

**CAL** 246, **FAT** 8G (SAT 1G), **CHOL** 0MG, **CARBS** 37G, **TOTAL SUGARS** 4G (ADDED 1G), **PROTEIN** 10G, **FIBER** 11G, **SODIUM** 423MG, **POTASSIUM** 426MG.  
**NUTRITION BONUS:** FOLATE (23% DAILY VALUE).



## Summer Tomato, Onion & Cucumber Salad

**ACTIVE:** 20 minutes **TOTAL:** 50 minutes (including 30 minutes marinating time)

**TO MAKE AHEAD:** Prepare through Step 2 up to 1 hour ahead.

*Fresh wedges of tomato, thinly sliced onion and sliced cucumber dressed simply with vinegar and oil makes the most simple salad possible—think of it as the Southern counterpart to the classic Italian tomato-and-mozzarella salad. It is best enjoyed at the height of summer, when tomatoes and cucumbers are fresh from the garden.*

- 3 tablespoons rice vinegar
- 1 tablespoon canola oil
- 1 teaspoon honey
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper, or more to taste
- 2 medium cucumbers
- 4 medium tomatoes, cut into ½-inch wedges

- 1 Vidalia or other sweet onion, halved and very thinly sliced
- 2 tablespoons coarsely chopped fresh herbs, such as flat-leaf parsley, chives and/or tarragon

1. Whisk vinegar, oil, honey, salt and pepper in a large shallow bowl.
2. Remove alternating stripes of peel from the cucumbers. Slice the cucumbers into thin rounds. Add the cucumber slices, tomatoes and onion to the dressing; gently toss to combine. Let stand at room temperature for at least 30 minutes and up to 1 hour.

3. Just before serving, add herbs and toss again.

**SERVES 6:** about 1½ cups each

**CAL** 58, **FAT** 3G (SAT 0G), **CHOL** 0MG, **CARBS** 8G, **TOTAL SUGARS** 7G (ADDED 1G), **PROTEIN** 1G, **FIBER** 2G, **SODIUM** 202MG, **POTASSIUM** 264MG.  
**NUTRITION BONUS:** VITAMIN C (20% DAILY VALUE).



### Baby Kale Breakfast Salad with Quinoa & Strawberries

**ACTIVE:** 15 minutes **TOTAL:** 15 minutes

*Fruit, whole grains and greens for breakfast? Yes! Start your day off right with this breakfast salad recipe and you'll knock out half of your daily veggie quota with the first meal of the day.*

- 1 teaspoon minced garlic
- Pinch of salt
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons red-wine vinegar
- Pinch of ground pepper
- 3 cups lightly packed baby kale
- ½ cup cooked quinoa
- ½ cup sliced strawberries
- 1 tablespoon salted pepitas

Mash garlic and salt together with the side of a chef's knife or a fork to form a paste. Whisk the garlic paste, oil, vinegar and pepper together in a medium bowl. Add kale; toss to coat. Serve topped with quinoa, strawberries and pepitas.

**SERVES 1:** 2¾ cups

**CAL** 330, **FAT** 20G (SAT 3G), **CHOL** 0MG, **CARBS** 31G, **TOTAL SUGARS** 7G (ADDED 0G), **PROTEIN** 9G, **FIBER** 6G, **SODIUM** 186MG, **POTASSIUM** 598MG.

**NUTRITION BONUS:** VITAMIN C (179% DV), VITAMIN A (96% DV), FOLATE (36% DV).



### Loaded Garden Salad

**ACTIVE:** 10 minutes **TOTAL:** 10 minutes

*This veggie-rich garden salad recipe—with pepper, avocado, tomatoes and mushrooms—is tossed with a lightened-up herb ranch dressing. It's great with pizza or as a light side salad.*

- 2 cups chopped romaine lettuce
- 1 small red bell pepper, diced
- 1 avocado, diced
- 1 cup sliced button mushrooms
- 1 cup cherry tomatoes, halved
- ½ cup alfalfa sprouts
- 1 clove garlic, minced
- ⅛ teaspoon salt
- ⅓ cup reduced-fat sour cream
- ⅓ cup buttermilk
- 1 tablespoon chopped fresh chives
- 1 tablespoon chopped fresh dill

**1.** Toss lettuce, bell pepper, avocado, mushrooms, tomatoes and sprouts in a large bowl.

**2.** Mash garlic and salt together with a fork in a small bowl to make a coarse paste. Stir in sour cream, buttermilk, chives and dill until combined.

**3.** Drizzle the dressing over the salad; gently toss to coat.

**SERVES 4:** 1¼ cups each

**CAL** 138, **FAT** 10G (SAT 3G), **CHOL** 9MG, **CARBS** 10G, **TOTAL SUGARS** 4G (ADDED 0G), **PROTEIN** 4G, **FIBER** 5G, **SODIUM** 112MG, **POTASSIUM** 551MG.

**NUTRITION BONUS:** VITAMIN A (63% DAILY VALUE), VITAMIN C (62% DV), FOLATE (24% DV).



## Grilled Romaine with Avocado-Lime Dressing

**ACTIVE:** 15 minutes **TOTAL:** 15 minutes

*Romaine lettuce takes on a nice charred, smoky flavor with a quick trip to the grill in this healthy wedge salad recipe. Avocado makes the dressing extra-creamy without any cream. Serve alongside grilled chicken or fish.*

- ½ ripe avocado
- 5 tablespoons buttermilk
- 2 tablespoons lime juice
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon ground cumin
- ½ teaspoon salt
- 3 romaine hearts (3-4 ounces each)
- 1 cup sliced cherry tomatoes
- Freshly ground pepper to taste

1. Preheat grill to medium-high.
2. Puree avocado, buttermilk, lime juice, oil, cumin and salt in a food processor or blender until smooth.
3. Oil the grill rack (see *Tip*). Cut romaine hearts in half lengthwise, leaving root ends intact. Grill the romaine, cut-side down, until lightly charred, 2 to 3 minutes. Serve topped with the dressing, tomatoes and pepper.

**SERVES 6:** ½ romaine heart each

**CAL** 69, **FAT** 5G (SAT 1G), **CHOL** 1MG, **CARBS** 5G, **TOTAL SUGARS** 2G (ADDED 0G), **PROTEIN** 2G, **FIBER** 3G, **SODIUM** 225MG, **POTASSIUM** 305MG.

**NUTRITION BONUS:** VITAMIN A (104% DAILY VALUE), FOLATE (24% DV).

### TIP:

An oiled grill rack keeps your food from sticking. Once your grill is good and hot, dip a folded paper towel in a little oil, hold it with tongs and rub it over the rack.



## Japanese Cucumber Salad

**ACTIVE:** 15 minutes **TOTAL:** 15 minutes

*This Japanese-inspired, cool, crisp salad is as elegant and well balanced as it is simple. Sesame seeds add appealing crunch, but if you don't have any handy a light drizzle of toasted sesame oil will work instead.*

- 2 medium cucumbers or 1 large English cucumber
- ¼ cup rice vinegar
- 1 teaspoon sugar
- ¼ teaspoon salt
- 2 tablespoons sesame seeds, toasted (see *Tip*)

1. Peel cucumbers to leave alternating long green stripes. Slice the cucumbers in half lengthwise; scrape the seeds out with a spoon. Using a food processor or sharp knife, cut into very thin slices. Place in a double layer of paper towel and squeeze gently to remove any excess moisture.

2. Combine vinegar, sugar and salt in a medium bowl, stirring to dissolve. Add the cucumber slices and sesame seeds; toss well to combine. Serve immediately.

**SERVES 4:** about 1 cup each.

**CAL** 46, **FAT** 2G (SAT 0G), **CHOL** 0MG, **CARBS** 4G, **TOTAL SUGARS** 2G (ADDED 1G), **PROTEIN** 1G, **FIBER** 1G, **SODIUM** 147MG, **POTASSIUM** 137MG.

**NUTRITION BONUS:** IRON (35% DAILY VALUE).

### TIP:

To toast sesame seeds, heat a small dry skillet over low heat. Add sesame seeds and stir constantly until golden and fragrant, about 2 minutes. Transfer to a bowl to cool.



## Persian Cucumber & Tomato Salad with Preserved Lemon

**ACTIVE:** 25 minutes **TOTAL:** 35 minutes

**TO MAKE AHEAD:** Let stand at room temperature for up to 2 hours.

*Preserved lemon adds a tangy, salty bite to this recipe. Serve this healthy salad as an accompaniment to dishes like grilled lamb or chicken or as a side on a bed of finely julienned purple kale, lightly dressed with more olive oil and lemon juice. Look for preserved lemons at specialty-foods stores. Or, to make your own, see our Preserved Lemons recipe on eatingwell.com.*

- 3 cups diced unpeeled small cucumbers, preferably Persian (see Tip) or “mini”
- 1½ cups assorted cherry tomatoes, halved or quartered
- ¼ cup finely chopped white onion
- 3 tablespoons coarsely chopped fresh parsley
- 1 tablespoon coarsely chopped fresh mint
- 2 teaspoons minced preserved lemon or 1 teaspoon lemon zest

- 1 tablespoon fresh lemon juice
- ¼ teaspoon kosher salt
- 2 tablespoons extra-virgin olive oil
- Freshly ground pepper to taste

**1.** Combine cucumbers, tomatoes, onion, parsley, mint, preserved lemon (or zest), lemon juice and salt in a medium bowl. Let stand for at least 10 minutes (and up to 2 hours) for the flavors to meld.

**2.** Add oil and toss to coat. Season with pepper.

**SERVES 4:** 1 cup each

**CAL** 91, **FAT** 7G (SAT 1G), **CHOL** 0MG, **CARBS** 6G, **TOTAL SUGARS** 3G (ADDED 0G), **PROTEIN** 1G, **FIBER** 1G, **SODIUM** 77MG, **POTASSIUM** 275MG.

**NUTRITION BONUS:** VITAMIN C (26% DAILY VALUE).

### TIP:

Persian cucumbers are nearly seedless and are thin-skinned enough to be served unpeeled. They're usually 5 to 6 inches long and can be used interchangeably with the similar but larger English cucumber.



## Chopped Greek Salad with Chicken

**ACTIVE:** 25 minutes **TOTAL:** 25 minutes

*This super-fast salad is a great way to get dinner on the table in a hurry. You can use whatever vegetables you have on hand—try substituting other chopped fresh vegetables, such as broccoli or bell peppers, for the tomatoes or cucumber. Use leftover chicken or quickly poach a couple of boneless, skinless chicken breasts while you prepare the rest of the salad.*

- ½ cup red-wine vinegar
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon chopped fresh dill or oregano or 1 teaspoon dried
- 1 teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 6 cups chopped romaine lettuce
- 2½ cups chopped cooked chicken (about 12 ounces)
- 2 medium tomatoes, chopped
- 1 medium cucumber, peeled, seeded and chopped

- ½ cup finely chopped red onion
- ½ cup sliced ripe black olives
- ½ cup crumbled feta cheese

Whisk vinegar, oil, dill (or oregano), garlic powder, salt and pepper in a large bowl. Add lettuce, chicken, tomatoes, cucumber, onion, olives and feta; toss to coat.

**SERVES 4:** about 3 cups each

**CAL** 343, **FAT** 18G (SAT 5G), **CHOL** 89MG, **CARBS** 11G, **TOTAL SUGARS** 5G (ADDED 0G), **PROTEIN** 31G, **FIBER** 3G, **SODIUM** 618MG, **POTASSIUM** 656MG.

**NUTRITION BONUS:** VITAMIN A (140% DAILY VALUE), VITAMIN C (45% DV), FOLATE (31% DV).



## Vegetarian Taco Salad

**ACTIVE:** 40 minutes **TOTAL:** 40 minutes

**TO MAKE AHEAD:** Prepare through Step 1 and refrigerate for up to 3 days; reheat slightly before serving.

*Nobody will miss the meat in this colorful, zesty vegetarian taco salad. The rice and bean mixture can be made ahead and the salad quickly assembled at mealtime.*

- 2 tablespoons extra-virgin olive oil
- 1 large onion, chopped
- 1½ cups fresh corn kernels or frozen, thawed
- 4 large tomatoes
- 1½ cups cooked long-grain brown rice
- 1 15-ounce can black, kidney or pinto beans, rinsed
- 1 tablespoon chili powder
- 1½ teaspoons dried oregano, divided
- ¼ teaspoon salt
- ½ cup chopped fresh cilantro
- ⅓ cup prepared salsa
- 2 cups shredded iceberg or romaine lettuce
- 1 cup shredded pepper Jack cheese

2½ cups coarsely crumbled tortilla chips  
Lime wedges for garnish

1. Heat oil in a large nonstick skillet over medium heat. Add onion and corn; cook, stirring, until the onion begins to brown, about 5 minutes. Coarsely chop 1 tomato. Add it to the pan along with rice, beans, chili powder, 1 teaspoon oregano and ¼ teaspoon salt. Cook, stirring frequently, until the tomato cooks down, about 5 minutes. Let cool slightly.
2. Coarsely chop the remaining 3 tomatoes. Combine with cilantro, salsa and the remaining ½ teaspoon oregano in a medium bowl.
3. Toss lettuce in a large bowl with the bean mixture, half the fresh salsa and ⅔ cup cheese. Serve sprinkled with tortilla chips and the remaining cheese, passing lime wedges and the remaining fresh salsa at the table.

**SERVES 6:** about 1½ cups each

**CAL** 395, **FAT** 17G (SAT 5G), **CHOL** 20MG, **CARBS** 52G, **TOTAL SUGARS** 10G (ADDED 0G), **PROTEIN** 14G, **FIBER** 9G, **SODIUM** 459MG, **POTASSIUM** 774MG.  
**NUTRITION BONUS:** VITAMIN C (40% DAILY VALUE), VITAMIN A (39% DV), CALCIUM & FOLATE (22% DV).



## Chicken Waldorf Salad

**ACTIVE:** 15 minutes **TOTAL:** 15 minutes

**TO MAKE AHEAD:** Refrigerate for up to 2 days.

*Leftover cooked chicken makes this chicken Waldorf salad, loaded with apples, grapes, celery and walnuts, a snap to assemble. If you use rotisserie chicken, keep in mind that it's salty and omit the salt in the dressing. Serve over watercress, with a chunk of whole-grain baguette.*

- ⅓ cup low-fat mayonnaise
- ⅓ cup nonfat or low-fat plain yogurt
- 2 teaspoons lemon juice
- ¼ teaspoon salt
- 3 cups chopped cooked chicken breast
- 1 medium red apple, diced
- 1 cup halved red or green grapes
- 1 cup sliced celery
- ½ cup chopped walnuts, toasted if desired, divided

Whisk mayonnaise, yogurt, lemon juice and salt in a large bowl. Add chicken, apple, grapes, celery and ¼ cup walnuts. Stir to coat well. Serve topped with the remaining ¼ cup walnuts.

**SERVES 4:** about 1½ cups each

**CAL** 356, **FAT** 16G (SAT 2G), 78 MG **CHOL**, **CARBS** 23G, **TOTAL SUGARS** 14G (ADDED 1G), **PROTEIN** 31G, **FIBER** 3G, **SODIUM** 408MG, **POTASSIUM** 537MG.



## Broccoli-Bacon Salad

**ACTIVE:** 20 minutes **TOTAL:** 20 minutes

**TO MAKE AHEAD:** Refrigerate for up to 1 day.

*A picnic favorite, this salad combines broccoli, water chestnuts, cranberries and just a little bacon for delicious results. Our version has plenty of creaminess without all the fat. Make it once and it will become a regular on your backyard barbecue menu.*

- 1 clove garlic, minced
- ¼ cup low-fat mayonnaise
- ¼ cup reduced-fat sour cream
- 2 teaspoons cider vinegar
- 1 teaspoon sugar
- 4 cups finely chopped broccoli crowns
- 1 8-ounce can sliced water chestnuts, rinsed and chopped
- 3 slices cooked bacon, crumbled
- 3 tablespoons dried cranberries
- Freshly ground pepper to taste

Whisk garlic, mayonnaise, sour cream, vinegar and sugar in a large bowl. Add broccoli, water chestnuts, bacon, cranberries and pepper; stir to coat with the dressing.

**SERVES 6:** 1 scant cup each

**CAL** 92, **FAT** 5G (SAT 2G), **CHOL** 10MG, **CARBS** 11G, **PROTEIN** 3G, **FIBER** 2G, **SODIUM** 160MG, **POTASSIUM** 191MG.

**NUTRITION BONUS:** VITAMIN C (73% DAILY VALUE), VITAMIN A (30% DV).



## Southwestern Salad with Black Beans

**ACTIVE:** 20 minutes **TOTAL:** 20 minutes

**TO MAKE AHEAD:** Refrigerate leftover dressing for up to 3 days.

*Here we top salad greens with black beans, sweet corn and grape tomatoes and bring it all together with a tangy avocado-lime dressing for a Mexican-inspired salad. Try this salad for a take-along lunch. To keep the salad greens from getting soggy, pack the greens, salad toppings and dressing in separate containers and toss them together just before eating.*

- ½ ripe avocado
- ¾ cup packed fresh cilantro
- ½ cup nonfat plain yogurt
- 2 scallions, chopped
- 1 clove garlic, quartered
- 1 tablespoon lime juice
- ½ teaspoon sugar
- ½ teaspoon salt
- 3 cups mixed greens

½ cup black beans, canned (rinsed) or cooked

½ cup corn kernels, fresh or frozen (thawed)

½ cup grape tomatoes

**1.** Place avocado, cilantro, yogurt, scallions, garlic, lime juice, sugar and salt in a blender; blend until smooth.

**2.** Place greens in an individual salad bowl; toss with 2 tablespoons of the dressing. (Refrigerate the remaining dressing.) Top the greens with black beans, corn and tomatoes.

**SERVES 1**

**CAL** 235, **FAT** 4G (SAT 1G), **CHOL** 0MG, **CARBS** 43G, **TOTAL SUGARS** 13G (ADDED 0G), **PROTEIN** 13G, **FIBER** 13G, **SODIUM** 307MG, **POTASSIUM** 1,325MG.

**NUTRITION BONUS:** VITAMIN A (108% DAILY VALUE), VITAMIN C (80% DV), FOLATE (77% DV), IRON (28% DV).



## 8-Layer Taco Salad

**ACTIVE:** 30 minutes **TOTAL:** 30 minutes

*We updated this favorite with ground turkey in place of beef, Greek yogurt instead of sour cream and way more vegetables than is typical. Serve in a clear glass bowl to show off the layers for an eye-catching potluck dish.*

- 1 tablespoon canola oil
- 1 pound 93%-lean ground turkey
- 2 tablespoons chili powder
- ½ teaspoon salt, divided
- 1 ripe avocado
- ½ cup nonfat plain Greek yogurt
- 1½ cups crumbled unsalted tortilla chips
- 1 cup prepared salsa
- 1 15-ounce can pinto beans, rinsed
- 5 cups thinly sliced romaine lettuce
- ½ cup shredded Mexican cheese blend
- 1 medium tomato, chopped

**1.** Heat oil in a large skillet over medium-high heat. Add turkey, chili powder and ¼ teaspoon salt. Cook, stirring and breaking up lumps, until cooked through, about 5 minutes.

**2.** Meanwhile, mash avocado, yogurt and the remaining ¼ teaspoon salt in a small bowl with a fork until smooth.

**3.** Transfer the turkey and pan juices to a serving bowl. Layer chips, salsa, beans and lettuce over the turkey. Spread the avocado mixture over the lettuce. Top with cheese, then tomato.

**SERVES 6:** about 1⅓ cups each

**CAL** 397, **FAT** 22G (SAT 5G), **CHOL** 66MG, **CARBS** 29G, **TOTAL SUGARS** 2G (ADDED 0G), **PROTEIN** 24G, **FIBER** 8G, **SODIUM** 664MG, **POTASSIUM** 822MG.  
**NUTRITION BONUS:** VITAMIN A (96% DAILY VALUE), FOLATE (34% DV), IRON (22% DV), VITAMIN B12 (20% DV).



## Pineapple & Avocado Salad

**ACTIVE:** 20 minutes **TOTAL:** 20 minutes

*This refreshing, simple Cuban salad recipe captures the flavors of the tropics. Serve alongside spiced chicken or pork, with rice and beans.*

- ¼ cup thinly sliced red onion, separated into rings
- Ice water
- 2 firm ripe avocados
- 1 medium fresh pineapple
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon fresh lime juice
- ½ teaspoon kosher salt
- Freshly ground pepper to taste (optional)

**1.** Soak onion in a small bowl of ice water for 15 minutes to mellow the bite.

**2.** Meanwhile, halve avocados and cut each half into slices. Peel pineapple, halve lengthwise into quarters, remove the core and cut each quarter crosswise into slices.

**3.** Whisk oil and lime juice in a small bowl. Drain the onion and pat dry. Arrange half the avocado, pineapple and onion on a serving plate, sprinkle with ¼ teaspoon salt and drizzle with half the dressing; repeat the layers. Garnish with pepper, if desired.

**SERVES 8:** 1 cup each

**CAL** 186, **FAT** 13G (SAT 2G), **CHOL** 0MG, **CARBS** 20G, **TOTAL SUGARS** 12G (ADDED 0G), **PROTEIN** 2G, **FIBER** 5G, **SODIUM** 75MG, **POTASSIUM** 374MG.  
**NUTRITION BONUS:** VITAMIN C (100% DAILY VALUE).



## Stetson Chopped Salad

**ACTIVE:** 25 minutes **TOTAL:** 25 minutes

*Knock dinner out of the park with this recipe inspired by the crazy-popular Stetson Chopped Salad at Cowboy Ciao in Scottsdale, Arizona. It packs in colorful vegetables, whole grains, seeds and a creamy dressing for a photo-worthy, healthy meal. Keep it vegetarian or add salmon or chicken.*

- ¾ cup water
- ½ cup Israeli couscous (see Tip)
- 6 cups baby arugula
- 1 cup fresh corn kernels (from 2 ears of corn)
- 1 cup halved or quartered cherry tomatoes
- 1 firm ripe avocado, diced
- ¼ cup toasted pepitas
- ¼ cup dried currants
- ½ cup chopped fresh basil
- ¼ cup buttermilk
- ¼ cup mayonnaise
- 1 tablespoon lemon juice
- 1 small clove garlic, peeled
- ¼ teaspoon salt
- ¼ teaspoon ground pepper

1. Bring water to a boil in a small saucepan. Add couscous, reduce heat to maintain a gentle simmer, cover and cook until the water is absorbed, 8 to 10 minutes. Transfer to a fine-mesh sieve and rinse with cold water. Drain well.

2. Spread arugula on a serving platter. Add the couscous, corn, tomatoes, avocado, pepitas and currants in decorative lines over the arugula.

3. Combine basil, buttermilk, mayonnaise, lemon juice, garlic, salt and pepper in a mini food processor or blender; pulse until smooth. Top the salad with the dressing just before serving.

**SERVES 4:** 2 cups each

**CAL** 376, **FAT** 23G (SAT 4G), **CHOL** 7MG, **CARBS** 39G, **TOTAL SUGARS** 11G (ADDED 0G), **PROTEIN** 9G, **FIBER** 7G, **SODIUM** 266MG, **POTASSIUM** 751MG.  
**NUTRITION BONUS:** VITAMIN C (35% DAILY VALUE), VITAMIN A (29% DV), FOLATE (25% DV).

### TIP:

Look for Israeli couscous (sometimes called "pearl couscous" because of its larger granules) near other couscous or pasta in well-stocked supermarkets.



## Green Salad with Strawberries & Goat Cheese

**ACTIVE:** 20 minutes **TOTAL:** 20 minutes

*This lively salad captures the essence of early summer with ripe strawberries, chives and baby spinach. To make it a meal, top it with grilled chicken breast.*

- 1 tablespoon pure maple syrup or brown sugar
- 2 tablespoons red-wine vinegar
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon salt
- Freshly ground pepper to taste
- 3 cups baby spinach
- 3 cups watercress, tough stems removed
- 2½ cups sliced fresh strawberries (about 12 ounces)
- ⅓ cup fresh chives, cut into 2-inch pieces
- ½ cup toasted chopped pecans (see Tip)
- ¼ cup crumbled goat cheese

Whisk maple syrup (or brown sugar), vinegar, oil, salt and pepper in a large bowl. Add spinach, watercress, strawberries and chives; toss to coat. Divide the salad among 4 plates and top with pecans and goat cheese.

**SERVES 4:** about 1½ cups each

**CAL** 206, **FAT** 16G (SAT 3G), **CHOL** 4MG, **CARBS** 15G, **TOTAL SUGARS** 9G (ADDED 3G), **PROTEIN** 5G, **FIBER** 4G, **SODIUM** 218MG, **POTASSIUM** 450MG.  
**NUTRITION BONUS:** VITAMIN C (135% DAILY VALUE), VITAMIN A (64% DV), FOLATE (20% DV).

### TIP:

To toast chopped or sliced nuts, stir constantly in a small dry skillet over medium-low heat until fragrant and lightly browned, 2 to 4 minutes.



## Seven-Layer Salad

**ACTIVE:** 30 minutes **TOTAL:** 30 minutes

**TO MAKE AHEAD:** Refrigerate for up to 1 day.

Sprinkle with basil just before serving.

*This makeover of a Midwestern classic tops layers of lettuce, peas, bell pepper and tomatoes with a creamy, tangy dressing. The salad stays fresh underneath until it's served and gets even better when held overnight.*

- 8 cups shredded romaine lettuce
- 1 cup frozen peas, thawed
- 1 medium yellow bell pepper, diced
- 1 cup halved grape tomatoes or quartered cherry tomatoes
- 1 cup sliced celery
- ½ cup sliced scallions
- ¾ cup nonfat plain yogurt
- ¾ cup low-fat mayonnaise
- 2 teaspoons cider vinegar
- 1-2 teaspoons sugar
- ¼ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper

½ cup shredded reduced-fat Cheddar cheese

½ cup thinly sliced fresh basil

3 strips cooked bacon, crumbled

1. Place lettuce in a large bowl. Layer peas, bell pepper, tomatoes, celery and scallions on top.
2. Whisk yogurt, mayonnaise, vinegar, sugar to taste, garlic powder, salt and pepper in a medium bowl until smooth. Spread the dressing evenly over the top of the salad (an offset spatula is handy for this, if you have one). Sprinkle with cheese, basil and bacon. Serve room temperature or chilled.

**SERVES 10:** about 1 cup each

**CAL** 121, **FAT** 7G (SAT 2G), **CHOL** 13MG, **CARBS** 11G, **TOTAL SUGARS** 5G (ADDED 2G), **PROTEIN** 5G, **FIBER** 2G, **SODIUM** 324MG, **POTASSIUM** 289MG.

**NUTRITION BONUS:** VITAMIN A (79% DAILY VALUE), VITAMIN C (52% DV).



## Kale Salad with Creamy Poppy Seed Dressing

**ACTIVE:** 25 minutes **TOTAL:** 25 minutes

*The lightly sweet, creamy homemade poppy seed dressing takes this crunchy salad to the next level for a mouthwatering vegetable side dish or light lunch. Top with cooked chicken for a heartier meal.*

- ¼ cup mayonnaise
- 2 tablespoons cider vinegar
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon poppy seeds
- 1 teaspoon sugar or honey
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 4 cups coarsely chopped kale, any tough stems removed
- 2 cups matchstick-cut peeled broccoli stems or broccoli slaw
- 2 cups thinly sliced trimmed Brussels sprouts (8 ounces)
- ½ cup sliced radicchio
- 3 tablespoons dried cranberries
- 3 tablespoons toasted pepitas

Whisk mayonnaise, vinegar, oil, poppy seeds, sugar (or honey), salt and pepper in a large bowl. Add kale, broccoli stems (or slaw), Brussels sprouts, radicchio, cranberries and pepitas; toss until well coated with the dressing.

**SERVES 6:** 1½ cups each

**CAL** 158, **FAT** 12G (SAT 2G), **CHOL** 4MG, **CARBS** 11G, **TOTAL SUGARS** 4G (ADDED 3G), **PROTEIN** 4G, **FIBER** 3G, **SODIUM** 181MG, **POTASSIUM** 374MG.

**NUTRITION BONUS:** VITAMIN C (128% DAILY VALUE), VITAMIN A (43% DV)



## Antipasto Salad

**ACTIVE:** 30 minutes **TOTAL:** 30 minutes

*We turn the ingredients of the quintessential antipasto platter into a great big salad with the addition of leafy greens and other vegetables for a healthy dinner. Serve with crusty Italian bread.*

- ¼ cup extra-virgin olive oil
- 3 tablespoons red-wine vinegar
- ½ teaspoon dried oregano
- ½ teaspoon ground pepper
- 6 cups torn escarole
- 2 cups torn radicchio
- 1 pint cherry tomatoes, halved
- 1 15-ounce can no-salt-added chickpeas, rinsed
- ½ English cucumber, halved and sliced
- 1 cup slivered fennel
- ¾ cup diced fresh mozzarella (4 ounces)
- ½ cup chopped marinated artichoke hearts
- ½ cup sliced pepperoncini
- ½ cup halved and sliced radishes
- ½ cup sliced salami (2 ounces)
- ¼ cup sliced ripe black olives

Whisk oil, vinegar, oregano and pepper in a large bowl. Add escarole, radicchio, tomatoes, chickpeas, cucumber, fennel, mozzarella, artichoke hearts, pepperoncini, radishes, salami and olives. Toss to coat.

**SERVES 5:** about 3 cups each

**CAL** 324, **FAT** 21G (SAT 6G), **CHOL** 26MG, **CARBS** 22G, **TOTAL SUGARS** 4G (ADDED 0G), **PROTEIN** 13G, **FIBER** 7G, **SODIUM** 581MG, **POTASSIUM** 717MG.  
**NUTRITION BONUS:** VITAMIN A (44% DAILY VALUE), FOLATE (42% DV), VITAMIN C (34% DV), CALCIUM (20% DV).



## Tomato-Basil Zoodle Salad

**ACTIVE:** 20 minutes **TOTAL:** 20 min

**EQUIPMENT:** Spiral vegetable slicer with chipper blade attachment

*Spiralized zucchini noodles make the perfect base for this colorful and flavorful salad—think pasta salad without all the carbs! It comes together quickly for a light lunch or easy side. Add grilled chicken, shrimp or chickpeas to make a heartier meal.*

- ¼ cup extra-virgin olive oil
- 2 tablespoons white balsamic vinegar
- 1 tablespoon chopped fresh basil, plus more for garnish
- ¼ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 large zucchini
- 1 firm ripe avocado, cubed
- 1 cup halved cherry tomatoes
- ½ cup pearl-size fresh mozzarella balls

**1.** Whisk oil, vinegar, basil, garlic powder, salt and pepper in a large bowl.

**2.** Using a spiral vegetable slicer with the chipper blade attachment (for thick noodles), cut zucchini lengthwise into “noodles,” stopping when you reach the seeds.

**3.** Add the zucchini noodles, avocado, tomatoes and mozzarella to the dressing and toss to coat. Serve topped with more basil, if desired.

**SERVES 6:** 1 cup each

**CAL** 192, **FAT** 17G (SAT 4G), **CHOL** 10MG, **CARBS** 7G, **TOTAL SUGARS** 3G (ADDED 0G), **PROTEIN** 4G, **FIBER** 3G, **SODIUM** 149MG, **POTASSIUM** 369MG.  
**NUTRITION BONUS:** VITAMIN C (27% DAILY VALUE).



## Spiralized Mediterranean Cucumber Salad

**ACTIVE:** 20 minutes **TOTAL:** 20 min

**EQUIPMENT:** Spiral vegetable slicer with chipper blade attachment

*Save time and spiralize crisp cucumber instead of chopping it for this easy, healthy vegetable side. Want to make it a meal? Just add grilled chicken, shrimp or canned chickpeas.*

- ¼ cup extra-virgin olive oil
- 2 tablespoons red-wine vinegar
- 1 tablespoon chopped fresh oregano, plus more for garnish
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 large cucumber
- 1 cup halved cherry tomatoes
- ½ cup thinly sliced red onion
- ½ cup cubed feta cheese
- ¼ cup sliced Kalamata olives

1. Whisk oil, vinegar, oregano, salt and pepper in a large bowl.

2. Using a spiral vegetable slicer with the chipper blade attachment (for thick noodles), cut cucumber lengthwise into “noodles.” Cut the noodles into 2-inch lengths.

3. Add the cucumber noodles, tomatoes, onion, cheese and olives to the bowl and toss to coat with the dressing. Serve topped with more oregano, if desired.

**SERVES 6:** 1 cup each

**CAL** 149, **FAT** 13G (SAT 3G), **CHOL** 11MG, **CARBS** 5G, **TOTAL SUGARS** 2G (ADDED 0G), **PROTEIN** 3G, **FIBER** 1G, **SODIUM** 292MG, **POTASSIUM** 169MG.



## BLT Chopped Salad with Avocado

**ACTIVE:** 15 minutes **TOTAL:** 15 minutes

*Turn a classic sandwich into a healthy salad with this easy BLT-inspired recipe. Didn't think a BLT could get any better? Add creamy avocado to punch up the flavor and texture.*

### DRESSING

- ¼ cup mayonnaise
- 2 tablespoons buttermilk
- 1 tablespoon crumbled blue cheese
- 1 tablespoon minced fresh chives
- 1½ teaspoons lemon juice
- ½ teaspoon Worcestershire sauce
- ½ teaspoon salt
- ½ teaspoon ground pepper

### SALAD

- 6 cups chopped romaine lettuce
- 1 cup cherry tomatoes, halved
- 1 firm ripe avocado, diced
- 4 slices cooked bacon, chopped

1. **To prepare dressing:** Combine mayonnaise, buttermilk, blue cheese, chives, lemon juice, Worcestershire, salt and pepper in a large bowl. Stir to blend.

2. **To prepare salad:** Add lettuce, tomatoes, avocado and bacon to the bowl and toss with the dressing. Serve immediately.

**SERVES 4:** about 2 cups each

**CAL** 250, **FAT** 22G (SAT 4G), **CHOL** 17MG, **CARBS** 9G, **TOTAL SUGARS** 3G (ADDED 0G), **PROTEIN** 6G, **FIBER** 5G, **SODIUM** 343MG, **POTASSIUM** 586MG.

**NUTRITION BONUS:** VITAMIN A (133% DAILY VALUE), FOLATE (36% DV), VITAMIN C (25% DV).



## Little Gem Wedge Salad with Blue Cheese & Herb Dressing

**ACTIVE:** 30 minutes **TOTAL:** 30 minutes

**TO MAKE AHEAD:** Refrigerate dressing (Step 1) for up to 5 days.

*Little Gem lettuce is like a cross between romaine and butterhead. It's perfect for making an up-dated take on the wedge salad in this healthy recipe. If you can't find it, use half a romaine heart for each serving. You can order Point Reyes Original blue cheese online from [pointreyescheese.com](http://pointreyescheese.com) or substitute another raw-milk blue cheese.*

### BLUE CHEESE & HERB DRESSING

- ¾ cup crumbled Point Reyes Original blue cheese
- ⅔ cup whole-milk plain Greek yogurt
- ¼ cup extra-virgin olive oil
- 2 tablespoons white-wine vinegar
- 1 tablespoon Dijon mustard
- 1 tablespoon chopped flat-leaf parsley
- 1 tablespoon chopped fresh oregano
- 1 medium clove garlic
- ¼ teaspoon kosher salt

- ¼ teaspoon ground pepper
- SALAD**

- 6 heads Little Gem lettuce
- ½ cup crumbled Point Reyes Original blue cheese
- 3 pieces bacon, cooked and crumbled
- 2 scallions, thinly sliced on the diagonal

**1. To prepare dressing:** Place ¾ cup blue cheese, yogurt, oil, vinegar, mustard, parsley, oregano, garlic, salt and pepper in a blender or food processor. Blend until almost smooth.

**2. To prepare salad:** Cut each head of lettuce in half lengthwise and place on a large salad plate. Dollop 2 tablespoons of the dressing over each serving and top with more blue cheese, bacon and scallions. Serve with extra dressing on the side, if desired.

**SERVES 6:** 2 cups each

**CAL** 169, **FAT** 13G (SAT 6G), **CHOL** 20MG, **CARBS** 5G, **TOTAL SUGARS** 2G (ADDED 0G), **PROTEIN** 8G, **FIBER** 2G, **SODIUM** 372MG, **POTASSIUM** 344MG.

**NUTRITION BONUS:** VITAMIN A (183% DAILY VALUE), VITAMIN C (21% DV).



## Spring Roll Salad

**ACTIVE:** 10 minutes **TOTAL:** 10 minutes

*All the tastes, color and fun of a spring roll without all the work! This healthy salad recipe is bursting with the colors of rainbow from generous amounts of fresh vegetables, shrimp and whole grains all topped with a peanut dressing for the ultimate satisfying salad.*

- 1 tablespoon smooth natural peanut butter
- 1½ teaspoon sesame oil
- 1½ teaspoon rice vinegar
- 1 teaspoon maple syrup
- 1 teaspoon tamari or soy sauce
- 1 teaspoon water
- ½ teaspoon minced garlic
- Pinch of crushed red pepper (optional)
- 3 cups torn Boston or butter lettuce
- 3 ounces cooked shrimp
- ½ cup cooked brown rice
- ¼ cup chopped red cabbage
- ¼ cup julienned bell pepper
- ¼ cup julienned carrot
- ¼ cup julienned cucumber

- ¼ medium avocado

Fresh mint and sesame seeds for garnish

**1.** Whisk peanut butter, oil, rice vinegar, maple syrup, tamari (or soy sauce), water, garlic and crushed red pepper (if using) in a small bowl until smooth.

**2.** Combine lettuce, shrimp, rice, cabbage, bell pepper, carrot, cucumber and avocado in a bowl. Add dressing and toss to combine. Garnish with mint and sesame seeds, if desired.

**SERVES 1:** 4½ cups salad plus 3 Tbsp. dressing

**CAL** 523, **FAT** 25G (SAT 4G), **CHOL** 172MG, **CARBS** 45G, **TOTAL SUGARS** 10G (ADDED 4G), **PROTEIN** 31G, **FIBER** 9G, **SODIUM** 656MG, **POTASSIUM** 927MG.

**NUTRITION BONUS:** VITAMIN A (165% DAILY VALUE), VITAMIN C (82% DV), FOLATE (31% DV), IRON (22% DV).



### “Use a Spoon” Chopped Salad

**ACTIVE:** 35 minutes **TOTAL:** 35 minutes

**TO MAKE AHEAD:** Prepare through Step 2 up to 1 hour ahead.

*When Paul Newman and Michel Nischan opened their Westport, Connecticut, restaurant Dressing Room, Paul’s request was that the menu always include a chopped salad that you could eat with a spoon. This chopped salad recipe features celery, carrots, red pepper, apple, cucumber, greens, cabbage, goat cheese and almonds. You can let it stand and it stays crisp.*

- ¼ cup white-wine vinegar
- ¼ cup extra-virgin olive oil
- 1 teaspoon honey
- ½ teaspoon sea salt
- ¼ teaspoon freshly ground pepper
- 3 medium stalks celery, diced (¼-inch)
- 2 medium carrots, diced (¼-inch)
- 1 large red bell pepper, diced (¼-inch)
- 1 medium apple, peeled and diced (¼-inch)
- ½ large cucumber, peeled, seeded and diced (¼-inch)

- 1 cup sliced Treviso or radicchio
- 1 cup sliced arugula, any tough stems removed
- 1 cup thinly sliced napa, Savoy or other soft cabbage
- 1 cup crumbled goat cheese
- ½ cup toasted slivered almonds

1. Whisk vinegar, oil, honey, salt and pepper in a large salad bowl until well combined.
2. Add celery, carrots and bell pepper to the vinaigrette. Let marinate for at least 10 minutes and up to 1 hour.
3. Add apple, cucumber, Treviso (or radicchio), arugula and cabbage to the bowl; toss to coat. Add goat cheese and almonds and toss to combine.

**SERVES 8:** generous 1 cup each

**CAL** 200, **FAT** 16G (SAT 5G), **CHOL** 15MG, **CARBS** 9G, **TOTAL SUGARS** 6G (ADDED 1G), **PROTEIN** 7G, **FIBER** 3G, **SODIUM** 148MG, **POTASSIUM** 273MG.

**NUTRITION BONUS:** VITAMIN A (73% DAILY VALUE), VITAMIN C (55% DV).



### Falafel Salad with Lemon-Tahini Dressing

**ACTIVE:** 50 minutes **TOTAL:** 50 minutes (plus 12-24 hours soaking time)

*Be sure to use dried, instead of canned, chickpeas in this healthy recipe—canned chickpeas add too much moisture.*

- 1 cup dried chickpeas
- 2 cups packed flat-leaf parsley, divided
- ¼ cup chopped red onion plus ¼ cup thinly sliced, divided
- 2 cloves garlic
- 5 tablespoons extra-virgin olive oil, divided
- 3 tablespoons lemon juice, divided
- 1 tablespoon ground cumin
- 1 teaspoon salt, divided
- 5 tablespoons tahini
- 5 tablespoons warm water
- 6 cups sliced romaine lettuce
- 2 cups sliced cucumbers and/or radishes
- 1 pint grape tomatoes, quartered

1. Soak chickpeas in cold water for 12 to 24 hours.

2. Drain the chickpeas and transfer to a food processor. Add 1 cup parsley, chopped onion, garlic, 1 tablespoon oil, 1 tablespoon lemon juice, cumin and ½ teaspoon salt; process until finely and evenly ground. Shape into 12 patties (1½ inches wide), using a generous 2 tablespoons each.

3. Heat 2 tablespoons oil in a large nonstick skillet over medium-high heat. Reduce heat to medium. Cook the falafel until golden brown, 3 to 5 minutes. Turn, swirl in 1 tablespoon oil and cook until golden on the other side, 3 to 5 minutes more.

4. Meanwhile, whisk tahini, water and the remaining 2 tablespoons lemon juice, 1 tablespoon oil and ½ teaspoon salt in a large bowl. Transfer ¼ cup to a small bowl. Add romaine and the remaining 1 cup parsley to the large bowl and toss to coat. Top with cucumbers and/or radishes, tomatoes, the sliced onion and the falafel. Drizzle with the reserved ¼ cup dressing.

**SERVES 4:** 3 falafel & 2 cups salad each

**CAL** 499, **FAT** 31G (SAT 4G), **CHOL** 0MG, **CARBS** 45G, **TOTAL SUGARS** 10G (ADDED 0G), **PROTEIN** 16G, **FIBER** 13G, **SODIUM** 626MG, **POTASSIUM** 1,024MG.

**NUTRITION BONUS:** VITAMIN A (188% DAILY VALUE).



## Cucumber & Black-Eyed Pea Salad

**ACTIVE:** 20 minutes **TOTAL:** 20 minutes

*An easy salad to serve with grilled chicken or steak for supper or on a bed of greens for a satisfying lunch. Substitute white beans or chickpeas for the black-eyed peas if you prefer.*

- 3 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- 2 teaspoons chopped fresh oregano or 1 teaspoon dried
- Freshly ground pepper to taste
- 4 cups peeled and diced cucumbers
- 1 14-ounce can black-eyed peas, rinsed
- $\frac{2}{3}$  cup diced red bell pepper
- $\frac{1}{2}$  cup crumbled feta cheese
- $\frac{1}{4}$  cup slivered red onion
- 2 tablespoons chopped black olives

Whisk oil, lemon juice, oregano and pepper in a large bowl until combined. Add cucumber, black-eyed peas, bell pepper, feta, onion and olives; toss to coat. Serve at room temperature or chilled.

**SERVES 6:** about 1 cup each

**CAL** 160, **FAT** 10G (SAT 3G), **CHOL** 11MG, **CARBS** 12G, **TOTAL SUGARS** 3G (ADDED 0G), **PROTEIN** 5G, **FIBER** 3G, **SODIUM** 270MG, **POTASSIUM** 273MG.  
**NUTRITION BONUS:** VITAMIN C (47% DAILY VALUE).



## Greek Salad with Edamame

**ACTIVE:** 30 minutes **TOTAL:** 30 minutes

*Edamame adds protein to the classic Greek salad: romaine, tomatoes, cucumber, feta and olives.*

*Serve with toasted pita brushed with olive oil and sprinkled with dried oregano or za'atar.*

- $\frac{1}{4}$  cup red-wine vinegar
- 3 tablespoons extra-virgin olive oil
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon ground pepper
- 8 cups chopped romaine (about 2 romaine hearts)
- 16 ounces frozen shelled edamame (about 3 cups), thawed
- 1 cup halved cherry or grape tomatoes
- $\frac{1}{2}$  European cucumber, sliced
- $\frac{1}{2}$  cup crumbled feta cheese
- $\frac{1}{4}$  cup slivered fresh basil
- $\frac{1}{4}$  cup sliced Kalamata olives
- $\frac{1}{4}$  cup slivered red onion

Whisk vinegar, oil, salt and pepper in a large bowl. Add romaine, edamame, tomatoes, cucumber, feta, basil, olives and onion; toss to coat.

**SERVES 4:**  $2\frac{3}{4}$  cups each

**CAL** 344, **FAT** 23G (SAT 5G), **CHOL** 17MG, **CARBS** 20G, **TOTAL SUGARS** 6G (ADDED 0G), **PROTEIN** 17G, **FIBER** 9G, **SODIUM** 489MG, **POTASSIUM** 908MG.  
**NUTRITION BONUS:** VITAMIN A (184% DAILY VALUE), FOLATE (125% DV), VITAMIN C (30% DV), IRON (23% DV), CALCIUM (22% DV).



## Avocado & Shrimp Chopped Salad

**ACTIVE:** 50 minutes **TOTAL:** 50 minutes

*The smoky flavors of grilled shrimp and corn in this healthy chopped salad recipe are a tasty match for the creamy cilantro dressing.*

### DRESSING

- 5 tablespoons reduced-fat sour cream
- 3 tablespoons grapeseed oil or extra-virgin olive oil
- 3 tablespoons cider vinegar
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon chopped fresh dill
- 1 tablespoon minced shallot
- 2 cloves garlic, minced
- $\frac{3}{4}$  teaspoon dry mustard
- $\frac{1}{4}$  teaspoon kosher salt

### SHRIMP & SALAD

- 1 pound raw shrimp (21-25 per pound), peeled and deveined
- 2 teaspoons extra-virgin olive oil
- 2 teaspoons finely grated lime zest
- $\frac{1}{4}$  teaspoon kosher salt
- $\frac{1}{4}$  teaspoon freshly ground pepper, plus more to taste
- 2 ears corn, husked
- 4 cups chopped romaine lettuce
- $\frac{3}{4}$  cup finely chopped red cabbage

- $\frac{3}{4}$  cup diced red bell pepper
- $\frac{1}{2}$  cup diced red onion
- $\frac{1}{2}$  cup assorted cherry tomatoes, chopped
- $\frac{1}{2}$  fennel bulb, halved again, thinly sliced
- 1 avocado, diced
- 2 slices crispy cooked bacon, diced

**1. To prepare dressing:** Puree the dressing ingredients in a food processor or blender until smooth.

**2. To prepare shrimp & salad:** Preheat grill to medium or heat a grill pan over medium heat.

**3.** Toss shrimp with 2 teaspoons oil, lime zest, salt and  $\frac{1}{4}$  teaspoon pepper.

**4.** Grill corn, turning occasionally, until slightly charred, 6 to 10 minutes. Grill the shrimp, turning once, until cooked through, 3 to 5 minutes total. Transfer corn and shrimp to a cutting board. Cut the kernels off the cob. Chop the shrimp into bite-size pieces.

**5.** Combine lettuce, cabbage, bell pepper, onion, tomatoes, fennel, avocado and bacon in a large bowl. Add the shrimp, corn and dressing; toss to coat. Season with pepper.

**SERVES 4:** about  $2\frac{1}{2}$  cups each

**CAL** 398, **FAT** 25G (SAT 5G), **CHOL** 171MG, **CARBS** 21G, **TOTAL SUGARS** 6G (ADDED 0G), **PROTEIN** 26G, **FIBER** 8G, **SODIUM** 374MG, **POTASSIUM** 1,058MG.

**NUTRITION BONUS:** VITAMIN A (120% DAILY VALUE), VITAMIN C (102% DV), FOLATE (37% DV).

## About EatingWell nutrition analysis

- All recipes are analyzed for nutrition content by a Registered Dietitian.
- We analyze for calories, total & saturated (sat) fat, cholesterol, carbohydrate, total & added sugars, protein, fiber, vitamins and minerals, using The Food Processor® SQL Nutrition Analysis Software from ESHA Research, Salem, OR.
- Garnishes and optional ingredients are not included in analyses.
- To help people eat in accordance with the USDA's Dietary Guidelines for Americans, EatingWell's suggested portions generally are based upon standard serving sizes. For example, suggested servings for meat, poultry and fish are generally 3 to 4 ounces, cooked. A recommended portion of a starch-based side dish, such as rice or potatoes, is generally  $\frac{1}{2}$  cup. Vegetable side dishes are a minimum of  $\frac{1}{2}$  cup.

Recipes by Nancy Baggett (p.8, left), Carolyn Casner, Darra Goldstein, Breana Lai, Carolyn Malcoun, Hilary Meyer, Michel Nischan, Devon O'Brien, Stephanie Olson, Jessie Price, Romney Steele, Katie Webster, Lisa Weiss, Virginia Willis, the EatingWell Test Kitchen.

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