



## EatingWell Favorite **Salad** **Recipes**

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## Orange, Watercress & Tuna Salad

**Makes:** 4 servings

**Active time:** 35 minutes **Total:** 35 minutes

✓ Heart Health ✓ Diabetes ✓ Weight Loss ✓ Gluten Free

This vibrant salad recipe contrasts flavor, texture and color—the velvety tuna steak is matched with crisp, peppery watercress and the floral tart-sweetness of blood oranges and aniseed. Blood oranges make the dish especially pretty—they're available December through March. If you can't find them, use any oranges that look good.

- 3 medium oranges
- 1 tablespoon canola oil
- 1 tablespoon rice vinegar
- 1 teaspoon minced crystallized ginger or fresh ginger
- ½ teaspoon ground coriander
- ½ teaspoon aniseed, chopped or crushed, divided
- ½ teaspoon kosher salt, divided
- Pinch of cayenne pepper
- 1-1¼ pounds tuna steaks (about 1 inch thick; see *Tip*), cut into 4 portions
- ¼ teaspoon freshly ground pepper
- 1 cup loosely packed tiny watercress sprigs or leaves (¾-1 inch long)

1. Peel oranges with a sharp knife, removing all peel and white pith. Working over a medium bowl, cut the segments from the surrounding membranes and let them drop into the bowl. Squeeze the peels and membranes over the bowl to extract all the juice before discarding them. Gently stir in oil, vinegar, ginger, coriander, ¼ teaspoon aniseed, ¼ teaspoon salt and cayenne. Set aside.

2. Position oven rack 5 to 6 inches from the broiler; preheat to high. Cover a broiler pan with foil.

3. Season tuna with the remaining ¼ teaspoon each aniseed, salt and pepper. Place on the prepared pan. Broil for about 2 minutes per side for medium-rare, 4 minutes per side for medium or to desired doneness.

4. Stir watercress into the orange mixture. Slice the tuna, divide among 4 plates and top with equal portions of the salad. Serve immediately.

**Per serving:** 208 calories; 4 g fat (0 g sat, 2 g mono); 44 mg cholesterol; 13 g carbohydrate, 0 g added sugars, 29 g protein; 3 g fiber; 195 mg sodium; 712 mg potassium.

**Nutrition bonus:** Vitamin C (94% daily value), Potassium (21% dv).

**Carbohydrate servings:** 1

**Exchanges:** 1 fruit, 4 lean meat

**Tip:** While the issues around tuna are complex, a good rule of thumb is that most U.S.-caught tuna, including Hawaiian, is considered a good or best choice for the environment because it is more sustainably fished. Look for tuna that was caught with a pole, called “troll,” “pole” or “hook & line” caught. If the method of catch is not on the label, ask your fishmonger how it was caught. Avoid all bluefin and any species of imported longline tuna.





## Pear-Quinoa Salad

**Makes:** 6 servings, about  $\frac{3}{4}$  cup each

**Active time:** 20 minutes **Total:** 40 minutes

☒ Heart Health ☐ Diabetes ☒ Weight Loss ☒ Gluten Free

Quinoa is a quick-cooking whole grain with a slightly nutty flavor—a perfect partner for pears and walnuts in this fresh-tasting salad recipe. The flavor is best when the salad is at room temperature or cold. Refrigerate the salad for at least 15 minutes before serving.

- 1 14-ounce can reduced-sodium chicken broth or vegetable broth
- 1 cup quinoa (see *Tip*), rinsed if necessary
- 2 tablespoons walnut oil or canola oil
- 1 tablespoon fruity vinegar, such as pear, raspberry or pomegranate
- $\frac{1}{4}$  cup snipped fresh chives
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon freshly ground pepper
- 2 ripe but firm pears, diced
- $\frac{1}{2}$  cup coarsely chopped walnuts or pecans, toasted (see *Tip*)

1. Bring broth to a boil in a large saucepan. Stir in quinoa, reduce heat to maintain a simmer, cover and cook until the liquid is absorbed and the quinoa has popped, about 15 minutes.

2. Meanwhile, whisk oil, vinegar, chives, salt and pepper in a large bowl. Add pears and toss to coat.

3. Drain any excess liquid from the cooked quinoa, if necessary. Add the quinoa to the pear mixture; toss to combine. Transfer to the refrigerator to cool for about 15 minutes or serve warm. Serve topped with nuts.

**Per serving:** 246 calories; 13 g fat (1 g sat, 2 g mono); 0 mg cholesterol; 28 g carbohydrate; 0 g added sugars; 7 g protein; 4 g fiber; 253 mg sodium; 332 mg potassium.

**Nutrition bonus:** Magnesium (20% daily value), Folate (18% dv).

**Carbohydrate servings:** 2

**Exchanges:**  $1\frac{1}{2}$  starch, 1 fruit, 2 fat



**Tip:** Although quinoa—a grain that was a staple in the ancient Incas' diet—was once only available in natural-foods stores, it's now readily available at most large supermarkets and even warehouse stores. Rinsing removes any residue of saponin, quinoa's natural, bitter protective covering. Most quinoa is sold already rinsed. Check the label to see if you need to rinse before using.

## Warm Lentil Salad with Sausage & Apple

**Makes:** 4 servings, about  $2\frac{1}{4}$  cups each

**Active time:** 30 minutes **Total:** 30 minutes

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☒ Gluten Free

We like the firmer texture of French green lentils in this hearty dinner salad featuring sausage and tart apples. Serve with pickled beets.

- 4 tablespoons extra-virgin olive oil, divided
- 2 tablespoons red-wine vinegar
- 1 tablespoon Dijon mustard
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon freshly ground pepper
- 3 links hot or sweet turkey sausage, casings removed
- 3 cloves garlic, minced
- 2 cups cooked or canned (rinsed) lentils (see *Tip*)
- 1 small bulb fennel, finely diced
- 1 Granny Smith apple, finely diced
- 2 stalks celery with leaves, finely diced
- 6 cups arugula or mesclun greens

1. Whisk 3 tablespoons oil, vinegar, mustard, salt and pepper in a large bowl.

2. Heat the remaining 1 tablespoon oil in a large skillet over medium-high heat. Add sausage; cook, stirring often and breaking up, until cooked through, about 5 minutes. Add garlic; cook 30 seconds more. Stir in lentils and heat through, about 2 minutes. Stir in 5 tablespoons of the dressing and remove from the heat. Stir in fennel, apple and celery.

3. Toss greens with the remaining dressing. Serve with the warm lentil mixture on top.

**Per serving:** 401 calories; 20 g fat (3 g sat, 13 g mono); 53 mg cholesterol; 32 g carbohydrate; 0 g added sugars; 24 g protein; 11 g fiber; 817 mg sodium; 1,011 mg potassium.

**Nutrition bonus:** Folate (59% daily value), Vitamin C (30% dv), Iron & Potassium (29% dv), Zinc (26% dv), Magnesium (20% dv), Vitamin A (19% dv).



**Carbohydrate servings:** 2

**Exchanges:** 1 starch, 2 vegetable, 3 lean meat, 3 fat

**Tip:** To cook lentils, place in a saucepan, cover with at least 1 inch of water, bring to a simmer and cook until just tender, 15 to 30 minutes, depending on the type of lentil. Drain and rinse with cold water. 1 cup dry lentils = about  $2\frac{1}{2}$  cups cooked. Or use canned lentils: 15-ounce can =  $1\frac{1}{2}$  cups. Rinse canned lentils before cooking with them to reduce the sodium by about 35%.



## Chicken Waldorf Salad

**Makes:** 4 servings, about 1½ cups each

**Active time:** 15 minutes **Total:** 15 minutes

**To make ahead:** Cover and refrigerate for up to 2 days.

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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 (see Tip)
- 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.

**Per serving:** 356 calories; 16 g fat (2 g sat, 3 g mono); 78 mg cholesterol; 23 g carbohydrate; 1 g added sugars; 31 g protein; 3 g fiber; 408 mg sodium; 537 mg potassium.

**Nutrition bonus:** Magnesium (16% daily value), Potassium & Vitamin C (15% dv).

**Carbohydrate servings:** 1½

**Exchanges:** 1 fruit, ½ carbohydrate, 4 lean meat, 3 fat

**Tip:** The easiest way to cook chicken quickly is to poach it. Place boneless, skinless chicken breasts in a skillet or saucepan. Add lightly salted water (or chicken broth) to cover and bring to a boil. Cover, reduce heat to low and simmer gently until the chicken is cooked through and no longer pink in the middle, 10 to 15 minutes.

## Summer Succotash Salad

**Makes:** 10 servings, about ¾ cup each

**Active time:** 40 minutes **Total:** 1 hour 40 minutes

**To make ahead:** Prepare through Step 2, cover and refrigerate for up to 1 day. Finish with Steps 3 & 4 just before serving.

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This summer salad is based on the Southern favorite, succotash, and is a fresh-tasting combination of butter beans, corn, summer squash and tomatoes. Butter beans, the same species as lima beans, are the bean of choice in the South. When they're in season you may be able to find them fresh—shell them yourself. Or use frozen butter beans, baby lima beans or even edamame.



**2 cups shelled fresh butter beans (1½ pounds unshelled), frozen (thawed) butter beans or baby lima beans**

**4 tablespoons canola oil, divided**

**2 cups corn kernels, fresh (from about 4 large ears; see Tip) or frozen (thawed)**

**1 Vidalia or other sweet onion, finely chopped**

**1 small yellow squash, chopped**

**1 small zucchini, chopped**

**1 clove garlic, minced**

**2 medium tomatoes, seeded and chopped**

**½ stalk celery, very finely chopped**

**½ cup very thinly sliced fresh basil**

**2 tablespoons cider vinegar**

**1 teaspoon Dijon mustard**

**1 teaspoon salt**

**Freshly ground pepper to taste**

1. Place beans in a medium saucepan and cover with water. Bring to a boil. Reduce to a simmer and cook until tender, about 30 minutes for fresh beans, about 25 minutes for frozen. Drain well. Transfer to a large bowl.

2. Meanwhile, heat 1 tablespoon oil in a large skillet over medium heat. Add corn, onion, squash and zucchini and cook, stirring, until crisp-tender, 4 to 5 minutes. Add garlic and

cook, stirring, until fragrant, 45 seconds to 1 minute. Add the cooked vegetables to the bowl of beans. Transfer to the refrigerator to cool for at least 1 hour.

3. When the beans and vegetables are cool, stir in tomatoes, celery and basil.

4. Whisk vinegar and mustard in a bowl. Add the remaining 3 tablespoons oil in a slow, steady stream, whisking constantly, until the dressing is creamy and well combined. Season with salt and pepper. Drizzle the dressing over the succotash and toss to coat.

**Per serving:** 136 calories; 6 g fat (1 g sat, 4 g mono); 0 mg cholesterol; 17 g carbohydrate; 0 g added sugars; 4 g protein; 3 g fiber; 339 mg sodium; 253 mg potassium.

**Nutrition bonus:** Vitamin C (26% daily value).

**Carbohydrate servings:** 1

**Exchanges:** 1 starch, ½ vegetable, 1 fat

**Tip:** To remove corn kernels from the cob, stand an ear of corn on one end and slice the kernels off with a sharp knife. One ear will yield about ½ cup kernels.





## Curried Salad with Egg & Cashews

**Makes:** 1 serving

**Active time:** 15 minutes **Total:** 15 minutes

**To make ahead:** Cover and refrigerate leftover dressing for up to 5 days.

☒ Heart Health ☐ Diabetes ☐ Weight Loss ☒ Gluten Free

Here we toss fresh salad greens with a light creamy dressing, then top with hard-boiled egg, bell pepper, cranberries and toasted for a satisfying vegetarian salad.

- ½ cup nonfat plain yogurt
- ½ cup low-fat mayonnaise
- 3 tablespoons lemon juice
- 2 tablespoons water
- 1 tablespoon honey
- 1 teaspoon curry powder
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 3 cups mixed greens
- ½ cup diced or sliced red bell pepper
- ¼ cup dried cranberries
- 1 hard-boiled egg (see *Tip*), chopped
- 2 tablespoons toasted cashews

1. Place yogurt, mayonnaise, lemon juice, water, honey, curry powder, salt and pepper in a bowl or a blender; whisk or 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 bell pepper, cranberries, egg and cashews.

**Per serving:** 368 calories; 16 g fat (4 g sat, 7 g mono); 190 mg cholesterol; 48 g carbohydrate; 21 g added sugars; 13 g protein; 7 g fiber; 432 mg sodium; 900 mg potassium.

**Nutrition bonus:** Vitamin C (207% daily value), Vitamin A (143% dv), Folate (67% dv), Iron, Magnesium & Potassium (26% dv), Zinc (18% dv), Calcium (17% dv).

**Carbohydrate servings:** 3

**Exchanges:** 2 vegetable, 1 carbohydrate (other), 1 medium fat meat, 2 fat

**Tips:** To hard-boil eggs, place eggs in a single layer in a saucepan; cover with water. Bring to a simmer over medium-high heat. Reduce heat to low and cook at the barest simmer for 10 minutes. Remove from heat, pour out hot water and cover the eggs with ice-cold water. Let stand utes. Remove from heat, pour out hot water and cover the eggs with ice-cold water. Let stand until cool enough to handle before peeling.

To toast cashews, spread nuts on a baking sheet and bake at 350°F, stirring once, until fragrant, 7 to 9 minutes.



## Spinach Salad with Steak & Blueberries

**Makes:** 4 servings, about 2 cups each

**Active time:** 30 minutes **Total:** 30 minutes

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Combine steak, walnuts, blueberries and feta cheese in this simple salad and you have yourself a healthy and satisfying supper.

- 1 cup fresh blueberries, divided
- ½ cup chopped walnuts, toasted
- 3 tablespoons fruity vinegar, such as raspberry vinegar
- 1 tablespoon minced shallot
- 1 teaspoon sugar
- ½ teaspoon salt, divided
- 3 tablespoons walnut oil or canola oil
- 1 pound sirloin steak or strip steak (1-1¼ inches thick), trimmed
- ½ teaspoon freshly ground pepper
- 8 cups baby spinach
- ¼ cup crumbled feta cheese

1. Preheat grill to medium.

2. Pulse ¼ cup blueberries, ¼ cup walnuts, vinegar, shallot, sugar and ¼ teaspoon salt in a food processor to form a chunky paste. With the motor running, add oil until incorporated. Transfer the dressing to a large bowl.

3. Sprinkle steak with pepper and the remaining ¼ teaspoon salt. Oil the grill rack. Grill the steak about 5 minutes per side for medium-rare, 6 minutes per side for medium. Let rest on a clean cutting board for 5 minutes.

4. Add spinach to the bowl with the dressing; toss to coat. Divide the spinach among 4 plates. Thinly slice the steak crosswise. Top the spinach with the steak, feta and the remaining blueberries and walnuts.

**Per serving:** 392 calories; 26 g fat (5 g sat, 7 g mono); 68 mg cholesterol; 11 g carbohydrate; 1 g added sugars; 29 g protein; 3 g fiber; 494 mg sodium; 748 mg potassium.

**Nutrition bonus:** Vitamin A (115% daily value), Zinc (36% dv), Vitamin C (35% dv), Folate (34% dv), Magnesium (26% dv), Potassium (22% dv), Iron (21% dv).

**Carbohydrate servings:** 1

**Exchanges:** 2 vegetable, 3 lean meat, 4 fat



## Chicken & White Bean Salad

**Makes:** 4 servings, about 2 cups each

**Active time:** 25 minutes **Total:** 25 minutes

**To make ahead:** Prepare through Step 2 (omitting basil), cover and refrigerate for up to 2 days. Stir in chopped basil just before serving.

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Zucchini and celery give this chicken-and-bean salad a nice crunch. We like it on a bed of slightly bitter escarole and radicchio, but any type of salad greens will work. *Recipe by Nancy Baggett for EatingWell.*

### Vinaigrette

- 1 medium clove garlic
- ¼ teaspoon salt
- 5 tablespoons extra-virgin olive oil
- 6 tablespoons fresh orange juice, plus more to taste
- ¼ cup white-wine vinegar or red-wine vinegar
- 1 tablespoon Dijon mustard

### Salad

- 1 15-ounce can cannellini or other white beans, rinsed and drained
- 2½ cups diced cooked chicken breast
- 2 cups diced zucchini and/or summer squash (about 2 small)
- 1½ cups diced celery
- ¼ cup finely diced ricotta salata, halloumi (see *Tip*) or feta cheese
- ⅓ cup chopped, well-drained, oil-packed sun-dried tomatoes (optional)
- 1 cup coarsely chopped fresh basil, plus whole basil leaves for garnish
- Salt & freshly ground pepper to taste (optional)
- 2 cups torn escarole or romaine lettuce
- 2 cups torn radicchio leaves

**1. To prepare vinaigrette:** Peel the garlic and smash with the side of a chef's knife. Using a fork, mash the garlic with ¼ teaspoon salt in a small bowl to form a coarse paste. Whisk in 5 tablespoons oil. Add 6 tablespoons orange juice, vinegar and mustard; whisk until well blended. Taste and whisk in up to 4 tablespoons more juice to mellow the flavor; season with more salt, if desired. Set aside at room temperature.

**2. To prepare salad:** Combine beans, chicken, zucchini (and/or summer squash), celery, cheese and sun-dried tomatoes (if using) in a large bowl until well blended. Add chopped basil and ¾ cup vinaigrette; toss until combined. Taste and season with salt and/or pepper, if desired.

**3.** Toss the remaining vinaigrette with escarole (or romaine) and radicchio in a medium bowl. Serve the salad on the greens, garnished with fresh basil leaves.

**Per serving:** 428 calories; 23 g fat (5 g sat, 15 g mono); 79 mg cholesterol; 24 g carbohydrate; 0 g added sugars; 34 g protein; 8 g fiber; 665 mg sodium; 648 mg potassium.

**Nutrition bonus:** Vitamin C (47% daily value), Vitamin A (30% dv), Folate (22% dv), Potassium (19% dv).

**Carbohydrate servings:** 1

**Exchanges:** 1 starch, 2 vegetable, 4 lean meat, 3 fat

**Tip:** Ricotta salata and halloumi are both firm, salted cheeses that can be found at large supermarkets and cheese shops.



## Vegetarian Taco Salad

**Makes:** 6 servings, about 1½ cups each

**Active time:** 40 minutes **Total:** 40 minutes

**To make ahead:** Prepare through Step 1, cover and refrigerate for up to 3 days; reheat slightly before serving.

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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.

*Recipe by Nancy Baggett for EatingWell.*

- 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 (see Tip)
- 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.

**Per serving:** 395 calories; 17 g fat (5 g sat, 5 g mono); 20 mg cholesterol; 52 g carbohydrate; 0 g added sugars; 14 g protein; 9 g fiber; 468 mg sodium; 775 mg potassium.

**Nutrition bonus:** Vitamin C (40% daily value), Vitamin A (39% dv), Calcium, Folate & Potassium (23% dv), Magnesium (22% dv), Iron (16% dv).

**Carbohydrate servings:** 3

**Exchanges:** 3½ starch, 1 vegetable, 1 lean meat, 2 fat

**Tip:** To cook rice, bring 1 cup water and ½ cup long-grain brown rice to a boil in a small saucepan. Reduce heat to low, cover, and simmer at the lowest bubble until the water is absorbed and the rice is tender, about 40 minutes. Remove from the heat and let stand, covered, for 10 minutes. Makes 1½ cups.





## Spinach & Frisée Salad with Tangerines & Coriander-Crusted Scallops

**Makes:** 4 servings

**Active time:** 30 minutes **Total:** 30 minutes

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The flavors of coriander and tangerine complement the sweet scallops in this easy-to-make dinner salad. Frisée has a big flavor and a sturdy texture, which stands up to the warm scallops. If you can't find frisée, make your own mix of greens; escarole and curly endive are great ones to include.

### Tangerine Vinaigrette

- 2 tablespoons extra-virgin olive oil
- ½ teaspoon tangerine or orange zest
- 2 tablespoons tangerine or orange juice
- 4 teaspoons white-wine vinegar
- 1 tablespoon minced shallot
- 2 teaspoons finely chopped spring herbs, such as chervil, chives, tarragon and/or dill
- 1 teaspoon Dijon mustard
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper

### Salad

- 6 cups baby spinach
- 6 cups torn frisée
- 2 tangerines or oranges, segmented
- 2 teaspoons coriander seeds
- ¼ teaspoon coarse kosher salt
- ¼ teaspoon freshly ground pepper
- 1 pound dry sea scallops (see *Tip*), patted dry
- 1 tablespoon canola oil

**1. To prepare vinaigrette:** Whisk olive oil, tangerine (or orange) zest and juice, vinegar, shallot, herbs, mustard, salt and pepper in a medium bowl.

**2. To prepare salad:** Combine spinach, frisée and tangerine (or orange) segments in a large salad bowl. Add the vinaigrette and toss to coat. Divide the salad among 4 plates.

**3.** Coarsely grind or chop coriander seeds and combine with kosher salt and pepper in

a small bowl. Sprinkle on both sides of scallops. Heat canola oil in a large cast-iron or nonstick skillet over medium-high heat until shimmering but not smoking. Add the scallops and cook until they develop a golden brown crust and are just opaque all the way through, 2 to 3 minutes per side. Serve the scallops on the salad.

**Per serving:** 229 calories; 12 g fat (1 g sat, 8 g mono); 27 mg cholesterol; 16 g carbohydrate; 0 g added sugars; 17 g protein; 5 g fiber; 780 mg sodium; 820 mg potassium.

**Nutrition bonus:** Vitamin A (125% daily value), Folate (56% dv), Vitamin C (55% dv), Potassium (24% dv), Magnesium (20% dv).

**Carbohydrate servings:** 1

**Exchanges:** 2 vegetable, 3 lean meat, 2 fat

**Tip:** Be sure to buy “dry” sea scallops. “Wet” scallops, which have been treated with sodium tripolyphosphate (STP), are mushy and less flavorful. Some scallops will have a small white muscle on the side; remove it before cooking.



## Bean & Salmon Salad with Anchovy-Arugula Dressing

**Makes:** 4 servings, about 1½ cups each

**Active time:** 30 minutes **Total:** 30 minutes

☒ Heart Health ☐ Diabetes ☐ Weight Loss ☒ Gluten Free

This simple bean and salmon salad becomes something truly exciting when dressed with a bold dressing flavored with anchovies and arugula. Canned wild Alaskan salmon is a healthy and environmentally sound choice.

- 1½ cups baby arugula
- ⅓ cup fresh parsley leaves
- ¼ cup lemon juice
- 3 cloves garlic, minced
- 2 oil-packed anchovy fillets, finely chopped
- 1 tablespoon chopped shallot
- Pinch of salt, plus ¼ teaspoon, divided
- ¼ cup extra-virgin olive oil
- 4 cups cooked cannellini beans, well drained, at room temperature or warm
- 1 7-ounce can wild salmon, any bones and skin removed, flaked
- ¾ cup thinly sliced radishes
- 1 stalk celery, sliced diagonally ¼ inch thick
- Freshly ground pepper to taste
- 4 large leaves butterhead or Boston lettuce
- 1 avocado, sliced, for garnish

1. Place arugula, parsley, lemon juice, garlic, anchovies, shallot and pinch of salt in a food processor; process until finely chopped. With the motor running, slowly drizzle in oil.
2. Gently combine beans, salmon, radishes, celery, the remaining ¼ teaspoon salt and pepper in a large bowl. Pour in the dressing and gently toss to combine.
3. To serve, line 4 plates with a lettuce leaf. Divide the salad evenly among the plates. Garnish with avocado slices, if desired.



**Per serving:** 444 calories; 19 g fat (3 g sat, 11 g mono); 25 mg cholesterol; 46 g carbohydrate; 0 g added sugars; 25 g protein; 14 g fiber; 551 mg sodium; 933 mg potassium.

**Nutrition bonus:** Folate (68% daily value), Vitamin C (37% dv), Iron (35% dv), Potassium (27% dv), Vitamin A (25% dv), Magnesium (24% dv), Calcium & Zinc (15% dv).

**Carbohydrate servings:** 2½

**Exchanges:** 2½ starch, 1 vegetable, 3 lean meat, 3 fat

## Smoky Ham & Corn Salad

**Makes:** 4 servings, about 2 cups each

**Active time:** 15 minutes **Total:** 15 minutes

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☐ Gluten Free

Fresh corn, diced deli ham and crunchy croutons are tossed with a smoky, creamy dressing in this light summer salad.

- ⅓ cup reduced-fat sour cream
- 2 tablespoons distilled white vinegar
- 1 teaspoon paprika, preferably smoked (see Tip)
- ¼ teaspoon salt
- 8 cups trimmed frisée (about 1 large head) or 8 cups mixed salad greens
- 1 medium tomato, diced
- 1 cup fresh corn kernels
- 1 cup croutons, preferably whole-grain
- ¾ cup diced ham (about 4 ounces)

Whisk sour cream, vinegar, paprika and salt in a large bowl. Add frisée (or salad greens), tomato, corn, croutons and ham; toss to coat.

**Per serving:** 177 calories; 7 g fat (2 g sat, 2 g mono); 23 mg cholesterol; 19 g carbohydrate; 0 g added sugars; 13 g protein; 6 g fiber; 679 mg sodium; 648 mg potassium.

**Nutrition bonus:** Vitamin A (74% daily value), Vitamin C (41% dv), Folate (38% dv), Potassium (19% dv).

**Carbohydrate servings:** 1

**Exchanges:** 1 starch, 1 vegetable, 1 lean meat, 1 fat

**Tip:** Smoked paprika is a spice made from ground smoke-dried red peppers. It's available in some large supermarkets with other spices.





## Chopped Greek Salad with Chicken

**Makes:** 4 servings, about 3 cups each

**Active time:** 25 minutes **Total:** 25 minutes

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Chicken turns this Greek-inspired salad into a substantial main course. Feel free to substitute other chopped fresh vegetables, such as broccoli or bell peppers, for the tomatoes or cucumber. Use leftover chicken, store-roasted chicken or quickly poach a couple boneless, skinless chicken breasts while you prepare the rest of the salad. Serve with pita bread and hummus.

- 1/3 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
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 6 cups chopped romaine lettuce

- 2 1/2 cups chopped cooked chicken
- 2 medium tomatoes, chopped
- 1 medium cucumber, peeled, seeded and chopped
- 1/2 cup finely chopped red onion
- 1/2 cup sliced ripe black olives
- 1/2 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.

**Per serving:** 343 calories; 18 g fat (5 g sat, 7 g mono); 89 mg cholesterol; 11 g carbohydrate; 0 g added sugars; 31 g protein; 3 g fiber; 619 mg sodium; 659 mg potassium.

**Nutrition bonus:** Vitamin A (136% daily value), Folate (32% dv), Vitamin C (24% dv), Potassium (19% dv), Calcium (15% dv).

**Carbohydrate Servings:** 1

**Exchanges:** 2 vegetable, 3 1/2 lean meat, 2 fat

## Green Goddess Salad

**Makes:** 4 servings

**Active time:** 30 minutes **Total:** 30 minutes

**To make ahead:** Cover and refrigerate the dressing (Step 1) for up to 1 day.

✓ Heart Health ✓ Diabetes ✓ Weight Loss ✓ Gluten Free

This gorgeous salad combines fresh shrimp, cucumber, artichoke hearts and cherry tomatoes with homemade green goddess dressing. The dressing is beautifully green and creamy with avocado (loaded with good-for-you fats) and fresh herbs. Buttermilk and a dash of rice vinegar add tang.

- 1/2 avocado, peeled and pitted
- 3/4 cup buttermilk
- 2 tablespoons chopped fresh herbs, such as tarragon, sorrel and/or chives
- 2 teaspoons tarragon vinegar or white-wine vinegar
- 1 teaspoon anchovy paste or minced anchovy fillet
- 8 cups bite-size pieces green leaf lettuce
- 12 ounces peeled and deveined cooked shrimp (21-25 per pound; see Tip)
- 1/2 cucumber, sliced
- 1 cup cherry or grape tomatoes
- 1 cup canned chickpeas, rinsed
- 1 cup rinsed and chopped canned artichoke hearts
- 1/2 cup chopped celery

1. Puree avocado, buttermilk, herbs, vinegar and anchovy in a blender until smooth.

2. Divide lettuce among 4 plates. Top with shrimp, cucumber, tomatoes, chickpeas, artichoke hearts and celery. Drizzle the dressing over the salads.



**Per serving:** 262 calories; 6 g fat (1 g sat, 3 g mono); 112 mg cholesterol; 31 g carbohydrate; 0 g added sugars; 22 g protein; 9 g fiber; 1146 mg sodium; 793 mg potassium.

**Nutrition bonus:** Vitamin A (92% daily value), Folate (44% dv), Vitamin C (42% dv), Potassium (23% dv), Magnesium (18% dv), Iron (16% dv).

**Carbohydrate servings:** 2

**Exchanges:** 1 starch, 2 vegetable, 3 lean meat

**Tip:** Shrimp is usually sold by the number needed to make one pound. For example, "21-25 count" means there will be 21 to 25 shrimp in a pound. Size names, such as "large" or "extra large," are not standardized, so to be sure you're getting the size you want, order by the count (or number) per pound.



# About EatingWell

The EatingWell mission is to provide the inspiration and information people need to make healthy eating a way of life.

- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.

EatingWell reaches millions of consumers through the award-winning *EatingWell* Magazine, [www.EatingWell.com](http://www.EatingWell.com), EatingWell cookbooks and licensing partners that trust EatingWell to provide healthy recipes, how-to instruction, diet and nutrition articles and custom healthy-eating solutions.

We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!

## About EatingWell health tags

A recipe checked...



has limited saturated fat.



is low in calories and meets limits for Carbohydrate Servings.



has reduced calories (and limited saturated fat).



does not contain wheat, rye, barley or oats.

(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)