



EatingWell
WHERE GOOD TASTE MEETS GOOD HEALTH

Melon, Tomato & Onion Salad with Goat Cheese

10

TASTIEST SALADS

- Melon, Tomato & Onion Salad with Goat Cheese 2
- Bean & Tomato Salad with Honey Vinaigrette 3
- Bold Winter Greens Salad 4
- EatingWell Power Salad 5
- Creamy Dill Ranch Dressing 5
- Fattoush 6
- Grilled Halibut Salad Niçoise 7
- Spring Chicken & Blue Cheese Salad 8
- Thai Beef Salad 9
- “Use a Spoon” Chopped Salad 10
- Watercress & Sugar Snap Salad with Warm Sesame-Shallot Vinaigrette 11

Melon, Tomato & Onion Salad with Goat Cheese

Makes: 8 servings

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

Heart Health Diabetes Weight Loss Gluten Free

In this beautiful riff on the traditional tomato, mozzarella and basil salad, sweet melon slices are layered with tomato and cucumber and topped with crumbled goat cheese, crisp onion and fresh basil. Any variety of pale green- or orange-fleshed melon will work well. Compose the salad on a large platter for a crowd or make it more elegant by assembling it on individual plates. Either way it'll look gorgeous.

- 1 cup very thinly sliced sweet white onion, separated into rings
- 1 small firm ripe melon
- 2 large tomatoes, very thinly sliced
- 1 small cucumber, very thinly sliced
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground pepper
- 1 cup crumbled goat cheese
- ¼ cup extra-virgin olive oil
- 4 teaspoons balsamic vinegar
- ⅓ cup very thinly sliced fresh basil

1. Place onion rings in a medium bowl, add cold water to cover and a handful of ice cubes. Set aside for about 20 minutes. Drain and pat dry.

2. Meanwhile, cut melon in half lengthwise and scoop out the seeds. Remove the rind with a sharp knife. Place each melon half cut-side down and slice crosswise into ⅛-inch-thick slices.

3. Make the salad on a large platter or 8 individual salad plates. Begin by arranging a ring of melon slices around the edge. Top with a layer of overlapping tomato slices. Arrange a second ring of melon slices toward the center. Top with the remaining tomato slices. Tuck cucumber slices between the layers of tomato and melon. Sprinkle with salt and pepper. Top with goat cheese and the onion rings. Drizzle with oil and vinegar. Sprinkle with basil.

Per serving: 192 calories; 12 g fat (4 g sat, 6 g mono); 11 mg cholesterol; 19 g carbohydrate; 5 g protein; 2 g fiber; 176 mg sodium; 541 mg potassium.

Nutrition bonus: Vitamin C (61% daily value), Potassium & Vitamin A (15% dv).

Carbohydrate serving: 1

Exchanges: 1 fruit, ½ lean meat, 1½ fat





Bean & Tomato Salad with Honey Vinaigrette

Makes: 8 servings, about 1 cup each

Active time: 35 minutes **Total:** 1 hour 35 minutes (not including soaking time)

To make ahead: Prepare through Step 3, cover and refrigerate for up to 1 day.

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This beautiful salad combines fresh tomatoes, green beans, red onions and dried heirloom beans. Recently harvested beans (and thus freshly dried) cook more quickly than the kind you buy year-round at the market. In the latter part of the summer, farmers' markets begin to sell a fresh crop of heirloom varieties that would be perfect for this salad.

- 1¼ cups dried beans, preferably heirloom, or 2 15-ounce cans white beans, rinsed**
- 1 teaspoon salt, divided**
- ½ cup minced red onion**
- ¼ cup cider vinegar**
- 4 teaspoons honey**
- 1 teaspoon peanut or canola oil**
- ½ teaspoon freshly ground pepper, or to taste**
- 8 ounces green beans, trimmed and cut into 2-inch pieces**
- 1 pint cherry or grape tomatoes, halved or quartered**
- ½ cup fresh basil leaves, thinly sliced**
- 1 pound tomatoes, sliced**

1. If using canned beans, skip to Step 3. If using dried beans, rinse and pick over for any stones, then place in a large bowl, cover with 3 inches of cold water and soak at room temperature for at least 6 hours or overnight. (*Alternatively, use our quick-soak method: see Tip.*)

2. Drain the soaked beans, rinse and transfer to a large saucepan. Add 6 cups cold water. Bring to a simmer, partially cover, and simmer gently, stirring once or twice, until tender but not mushy, 20 minutes to 1 hour, depending on the freshness of the dried beans. (If you're using heirloom beans, be sure to check them after 20 minutes—they tend to cook more quickly than conventional beans.) If at any time the liquid level drops below the beans, add 1 cup water. When the beans are about three-fourths done, season with ½ teaspoon salt. When the beans are tender, remove from the heat and drain.

3. Combine the beans (cooked or canned), the remaining ½ teaspoon salt, onion, vinegar, honey, oil and pepper in a large bowl. Stir, cover and refrigerate to marinate for at least 1 hour or overnight.

4. Cook green beans in a large pot of boiling water until crisp-tender, about 5 minutes. Drain, rinse with cold water, and drain again. Pat dry and add to the marinated beans. Stir in cherry (or grape) tomatoes and basil. Season with pepper.

5. To serve, arrange tomato slices around the edge of a serving platter or shallow salad bowl and spoon the bean salad into the center.

Per serving: 133 calories; 1 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 25 g carbohydrate; 3 g added sugars; 7 g protein; 7 g fiber; 298 mg sodium; 573 mg potassium.

Nutrition bonus: Vitamin C (30% daily value), Folate (25% dv), Vitamin A (23% dv), Potassium (17% dv).

Carbohydrate servings: 1½

Exchanges: 1 starch, 1 vegetable

Tip: To quick-soak beans, place in a large saucepan with enough cold water to cover them by 2 inches. Bring to a boil. Boil for 2 minutes. Remove from the heat, cover and let stand for 1 hour. Proceed with Step 2.

Bold Winter Greens Salad

Makes: 10 servings, about 1¼ cups each

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

To make ahead: Prepare the dressing (Step 1), cover and refrigerate for up to 1 day.

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For this cousin of the Caesar salad, radicchio, escarole and chicory are served with a tangy dressing made with anchovies and lemon juice, which tempers the bitterness of the greens. Vary the amount of garlic and anchovy according to your preference.

- 2-3 cloves garlic, minced
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground pepper, or to taste
- 2 tablespoons lemon juice
- 1 tablespoon sherry vinegar
- 3-4 anchovy fillets, rinsed and chopped
- ⅓ cup extra-virgin olive oil
- 12 cups chopped mixed bitter salad greens, such as chicory, radicchio and escarole
- 3 large hard-boiled eggs (see *Tip*)

1. Place garlic to taste in a large salad bowl and sprinkle with salt and pepper. Add lemon juice and vinegar; let stand for 5 minutes. Stir in anchovies to taste. Whisk in oil in a slow steady stream until well combined.

2. Add salad greens and toss. Shred 3 egg whites and 1 egg yolk through the large holes of a box grater (reserve the remaining yolks for another use or discard). Sprinkle the salad with the grated egg.

Per serving: 92 calories; 8 g fat (1 g sat, 6 g mono); 20 mg cholesterol; 2 g carbohydrate; 0 g of added sugars; 2 g protein; 1 g fiber; 102 mg sodium; 168 mg potassium.

Nutrition bonus: Vitamin A (120% daily value), Vitamin C (50% dv), Folate (34% dv), Potassium (16% dv).

Carbohydrate servings: 0

Exchanges: 1 vegetable, 1½ fat

Tip: 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 until cool enough to handle before peeling.





EatingWell Power Salad

Makes: 2 servings, about 4 cups each

Active time: 10 minutes **Total:** 10 minutes

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Here's our take on a traditional chef's salad, which is anything but light fare when it's heaped with meats and cheeses. Our version keeps the satisfaction factor with lean turkey breast and reduced-fat Swiss cheese—and adds plenty of colorful vegetables to the mix.

- 6 cups mixed greens**
- 1 cup shredded carrots**
- 2 tablespoons chopped red onion**
- ¼ cup Creamy Dill Ranch Dressing (right)**
- 10 cherry tomatoes**
- 4 slices roast turkey breast, cut up (3 ounces)**
- 2 slices reduced-fat Swiss cheese, cut up (2 ounces)**

Toss greens, carrots, onion and dressing in a large bowl until coated. Divide between 2 plates. Arrange tomatoes, turkey and cheese on top of the salad.

Per serving: 176 calories; 3 g fat (1 g sat, 1 g mono); 28 mg cholesterol; 22 g carbohydrate; 0 g added sugars; 20 g protein; 7 g fiber; 724 mg sodium; 442 mg potassium.

Nutrition bonus: Vitamin A (320% daily value), Vitamin C (27% dv).

Carbohydrate servings: 1

Exchanges: 3 vegetable, 2 very lean meat, ½ fat

Creamy Dill Ranch Dressing

Makes: ¼ cups

Active time: 10 minutes **Total:** 10 minutes

To make ahead: Cover and refrigerate for up to 1 week.

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Cottage cheese blended in a food processor to a creamy texture, while not traditional in Ranch dressing, delivers unbelievable richness with minimal calories and fat.

- 1 small shallot, peeled**
- ¾ cup nonfat cottage cheese**
- ¼ cup reduced-fat mayonnaise**
- 2 tablespoons buttermilk powder (see Tip)**
- 2 tablespoons white-wine vinegar**
- ¼ cup nonfat milk**
- 1 tablespoon chopped fresh dill**
- ¼ teaspoon salt**
- ¼ teaspoon freshly ground pepper**

With the food processor running, add shallot through the feed tube and process until finely chopped. Add cottage cheese, mayonnaise, buttermilk powder and vinegar. Process until smooth, scraping down the sides as necessary, about 3 minutes. Pour in milk while the processor is running. Scrape down the sides, add dill, salt and pepper and process until combined.

Per 2-tablespoon serving: 14 calories; 1 g fat (0 g sat, 0 g mono); 1 mg cholesterol; 1 g carbohydrate; 0 g added sugars; 1 g protein; 0 g fiber; 74 mg sodium; 18 mg potassium.

Tip: Look for buttermilk powder, such as Saco Buttermilk Blend, in the baking section or with the powdered milk in most supermarkets.



Fattoush

Makes: 8 servings, about 1½ cups each

Active Time: 25 minutes **Total:** 40 minutes

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Fattoush is a popular salad in Lebanon made with mixed greens and pita bread pieces. Toasting the pita adds crunch and a sprinkle of ground sumac—which grows wild all over Lebanon—adds depth. Let the salad sit for a bit to let the pita soak up the lemony dressing.

2 6-inch whole-wheat pitas, split

3 tablespoons extra-virgin olive oil, divided

1¼ teaspoons ground sumac (see *Tip*), divided

¼ cup lemon juice

½ teaspoon salt

¼ teaspoon freshly ground pepper

1 large head romaine lettuce, coarsely chopped

2 large tomatoes, diced

2 small salad cucumbers or 1 large cucumber, seeded and diced (peeled if desired)

½ cup thinly sliced red onion

⅓ cup thinly sliced fresh mint

1. Preheat oven to 350°F.

2. Place pita halves rough-side up on a large baking sheet. Brush with 1 tablespoon oil and sprinkle with 1 teaspoon sumac. Bake until the pita halves are golden and crisp, about 15 minutes. When cool, break into bite-size pieces.

3. Whisk lemon juice, salt, pepper and the remaining 2 tablespoons oil and ¼ teaspoon sumac in a large bowl. Add lettuce, tomatoes, cucumber, onion, mint and the pita pieces; toss to coat. Let stand for 15 minutes before serving.

Per serving: 117 calories; 6 g fat (1 g sat, 4 g mono); 0 mg cholesterol; 15 g carbohydrate; 0 g added sugars; 3 g protein; 3 g fiber; 238 mg sodium; 322 mg potassium.

Nutrition bonus: Vitamin A (77% daily value), Vitamin C (22% dv), Folate (18% dv).

Carbohydrate servings: 1

Exchanges: 1 starch, 1 vegetable, 1 fat

Tip: The tart berries of the sumac bush add another element to many Middle Eastern dishes. Find them whole or ground in Middle Eastern markets.

Grilled Halibut Salad Niçoise

Makes: 6 servings

Active time: 1 hour 10 minutes **Total:** 1½ hours **To make ahead:** Prepare potatoes (Step 2) and green beans (Step 3), cover and refrigerate separately for up to 3 days.

   

Salad nicoise, a classic French salad, is typically made with tuna. Here we use grilled halibut (in season in midsummer) or striped bass. To make it quicker, substitute 2 or 3 cans of drained chunk light tuna. Or skip the fish altogether for a vegetarian main course. (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

- 1½ pounds red potatoes (5-6 medium), scrubbed and halved
- 1¼ pounds green beans, trimmed
- Juice of 1 large lemon
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon salt, divided
- 1 pound Pacific halibut or striped bass
- ¼ teaspoon coarsely ground pepper, plus more to taste
- 1 large head Boston lettuce
- 1½ cups grape tomatoes
- 3 hard-boiled eggs (see Tip, page 4), peeled and cut into wedges
- ¼ cup sliced pitted black Niçoise or Kalamata olives
- ¼ cup finely chopped fresh parsley

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: Bring 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add potatoes; cook until tender, 10 to 15 minutes. Remove to a cutting board. When cool enough to handle, slice and place in a shallow bowl. Drizzle with ½ cup vinaigrette; set aside.

3. Add beans to the steamer basket; cook until bright green and just tender, 4 to 6 minutes. Rinse in a colander with cold water until cool. Drain well. Place in a medium bowl and toss with 2 tablespoons vinaigrette.

4. Combine lemon juice, 2 tablespoons oil and ¼ teaspoon salt in a sturdy sealable plastic bag; shake until the salt dissolves. Add fish and marinate for up to 20 minutes while you ready the grill.

5. Preheat grill to medium-high for 10 minutes, then reduce heat to medium. (For a charcoal grill, wait until the flames subside and only coals and some ash remain—flames will cause the oil on the fish to burn.)

6. Drain the fish and pat dry with paper towels. Season with the remaining ¼ teaspoon salt and ¼ teaspoon pepper. Oil the grill rack. Grill the fish, turning once, until browned and just cooked through, 4 to 5 minutes per side for halibut; 3 to 4 minutes per side for bass.

7. Arrange lettuce leaves on a large serving platter. Arrange the fish (whole or flaked into large chunks), potatoes, green beans and tomatoes on top. Drizzle with the remaining vinaigrette. Garnish with eggs, olives, parsley and pepper to taste.

Per serving: 430 calories; 23 g fat (4 g sat, 16 g mono); 130 mg cholesterol; 35 g carbohydrate; 0 g added sugars; 23 g protein; 6 g fiber; 580 mg sodium; 1,394 mg potassium.

Nutrition bonus: Vitamin C (79% daily value), Vitamin A (46% dv), Potassium (40% dv), Folate (30% dv), Magnesium (22% dv), Iron (16% dv).

Carbohydrate servings: 2

Exchanges: 1½ starch, 2 vegetable, 2½ lean meat, 3 fat





Spring Chicken & Blue Cheese Salad

Makes: 4 servings, about 2 cups greens & 3 ounces chicken each

Active time: 15 minutes **Total:** 55 minutes

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This main-dish chicken salad has bright flavors of tarragon in a creamy blue cheese dressing with just a touch of sweetness from honey.

Chicken

- 1 cup nonfat Greek yogurt (see *Tips*)
- 1 clove garlic, minced
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons finely chopped fresh tarragon or 1 tablespoon dried
- 1 pound boneless, skinless chicken breast, trimmed
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper

Creamy Blue Cheese-Tarragon Dressing

- 2 ounces blue cheese
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons red-wine vinegar
- 1 tablespoon finely chopped fresh tarragon or 1 teaspoon dried
- 1 tablespoon honey
- 1-2 tablespoons nonfat Greek yogurt
- ⅛ teaspoon salt
- Freshly ground pepper to taste

Salad

- 1 head butterhead lettuce, torn into bite-size pieces
- ½ head radicchio, cored and very thinly sliced
- 1 cup baby arugula or mixed baby greens
- ½ cup walnuts, toasted (see *Tips*) and chopped

1. Preheat oven to 350°F.

2. **To prepare chicken:** Combine yogurt, garlic, oil and tarragon in a large bowl. Season chicken with salt and pepper and add to the bowl; turn to coat. Place the chicken in a baking dish and cover completely with the yogurt mixture.

3. Bake until the chicken is cooked through and an instant-read thermometer inserted into the thickest part registers 165°F, 35 to 45 minutes. Transfer to a clean cutting board. Thinly slice the chicken when cool enough to handle.

4. **To prepare dressing:** Mash blue cheese, oil, vinegar, tarragon and honey together in a medium bowl with a fork until well combined. For a creamier dressing, add yogurt 1 tablespoon at a time, if desired. Season with salt and pepper.

5. To assemble salad: Gently toss lettuce, radicchio and arugula (or mixed greens) in a large bowl. Divide the greens among 4 plates, top with equal portions of the chicken, spoon 2 tablespoons of the dressing over each salad and sprinkle with walnuts.

Per serving: 421 calories; 29 g fat (6 g sat, 14 g mono); 73 mg cholesterol; 9 g carbohydrate; 4 g added sugars; 31 g protein; 2 g fiber; 487 mg sodium; 444 mg potassium.

Nutrition bonus: Vitamin A (38% daily value), Folate (17% dv), Calcium (15% dv).

Carbohydrate servings: ½

Exchanges: 1 vegetable, 4 lean meat, 5 fat

Tips:

Thick and creamy Greek-style yogurt is made by removing the whey from cultured milk. Because the whey has been removed, you can cook with Greek yogurt without the normal separation that occurs when cooking with regular yogurt.

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

Thai Beef Salad

Makes: 4 servings, 2 cups each

Active time: 45 minutes **Total:** 45 minutes
(plus overnight marinating)

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The steak for a Thai salad is often marinated before it's broiled and that's a shame, because most of those flavorings burn off and turn to naught. For the best taste, first sear the steak, then let it sit overnight in the marinade before tossing it with the greens.

- 1 pound sirloin steak, trimmed
- 1 tablespoon reduced-sodium soy sauce
- ½ teaspoon freshly ground pepper
- 2 scallions, cut into 1-inch pieces
Zest of 1 lime
- 3 tablespoons lime juice
- 1½ tablespoons fish sauce
- ½ teaspoon sugar
- ¼ teaspoon crushed red pepper
- 4 cups torn frisée or curly endive
- 2 cups torn red leaf lettuce
- 2 tablespoons chopped fresh mint
- 2 tablespoons untoasted sesame oil or canola oil

1. Position rack in upper third of oven; pre-heat broiler. Rub steak all over with soy sauce and black pepper. Place on a baking sheet; broil, turning once, 14 to 16 minutes for medium-rare to medium, respectively. Let rest on a cutting board for 5 minutes.

2. Meanwhile, mix scallions, lime zest and juice, fish sauce, sugar and crushed red pepper in a shallow dish. Slice the steak into thin strips against the grain and cut each strip into bite-size pieces. Add the steak to the marinade, along with any accumulated juices; toss well, cover, and refrigerate overnight.

3. Place frisée (or endive), lettuce and mint in a salad bowl. Add the steak and marinade, drizzle with oil, gently toss, and serve.

Per serving: 225 calories; 12 g fat (3 g sat, 5 g mono); 60 mg cholesterol; 6 g carbohydrate; 1 g added sugars; 24 g protein; 2 g fiber; 643 mg sodium; 530 mg potassium.

Nutrition bonus: Vitamin A (48% daily value), Zinc (31% dv), Folate (24% dv), Vitamin C (17% dv), Potassium (16% dv), Iron (15% dv).

Carbohydrate servings: ½

Exchanges: 1½ vegetable, 3 lean meat, ½ fat





“Use a Spoon” Chopped Salad

Makes: 8 servings, generous 1 cup each

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

To make ahead: Prepare through Step 2 up to 1 hour ahead.

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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 recipe is full of great flavors, colors and textures, featuring celery, carrots, red pepper, apple, cucumber, greens, cabbage, goat cheese and almonds. It’s great for a party: 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 (see *Tips*) 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 (see *Tips*)

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.

Per serving: 200 calories; 16 g fat (5 g sat, 9 g mono); 15 mg cholesterol; 9 g carbohydrate; 1 g added sugars; 7 g protein; 3 g fiber; 148 mg sodium; 273 mg potassium.

Nutrition bonus: Vitamin A (74% daily value), Vitamin C (54% dv), Calcium (17% dv).

Carbohydrate servings: ½

Exchanges: 1 vegetable, ½ high-fat meat, 2 fat

Tips:

Treviso is a slender variety of radicchio. Look for it with specialty salad greens in well-stocked markets.

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

Watercress & Sugar Snap Salad with Warm Sesame-Shallot Vinaigrette

Makes: 4 servings, 1½ cups each

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

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In this Asian-inspired salad, the peppery flavor of watercress is paired with another emblematic spring vegetable—sugar snap peas. Tossed with a warm dressing made with caramelized onions, rice vinegar and toasted sesame oil, this salad is the perfect antidote to the chill of early spring. For the best-tasting watercress, look for supple, thin stems (not woody stalks) with small, heart-shaped, dark green leaves that have no yellow blemishes.

- 8 ounces fresh sugar snap peas, trimmed (about 2 cups; see *Tip*)
- 2 large bunches watercress, woody stems trimmed (4 ounces or 4 loosely packed cups)
- 2 tablespoons peanut oil or canola oil
- 4 large shallots, thinly sliced into rings
- 2 tablespoons rice vinegar
- 2 teaspoons toasted sesame oil
- ¼ teaspoon salt
- ½ cup crumbled hard, aged goat cheese or Asiago cheese

1. Bring a small pot of water to a boil. Add peas and cook until bright green, 30 seconds. Drain in a colander and rinse with cold water until cool. Transfer to a large bowl, add watercress and toss to combine.

2. Heat peanut (or canola) oil in a medium nonstick skillet over low heat; add shallots and cook very slowly, stirring frequently, until golden brown, about 15 minutes. Stir in vinegar, sesame oil and salt; cook until fragrant, about 10 seconds. Pour the warm dressing over the peas and watercress; toss well. Top with cheese and serve.

Per serving: 186 calories; 14 g fat (5 g sat, 5 g mono); 15 mg cholesterol; 10 g carbohydrate; 0 g added sugars; 7 g protein; 2 g fiber; 208 mg sodium; 150 mg potassium.

Nutrition bonus: Vitamin C (37% daily value), Vitamin A (33% dv), Calcium (20% dv).

Carbohydrate servings: ½

Exchanges: 1½ vegetable, ½ high-fat meat, 2 fat

Tip: To remove the stem and strings at the same time from sugar snap peas, hold the stem between your thumb and index finger, snap and pull down.



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, 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...

 **Heart Health** has limited saturated fat.

 **Diabetes** is low in calories and meets limits for Carbohydrate Servings.

 **Weight Loss** has reduced calories (and limited saturated fat).

 **Gluten Free** 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.)