

Sunshine Salad

You'll get plenty of vitamin A and C, from the spinach, oranges, and strawberries, when you have a serving of this salad.

Ingredients:

- 4 cups fresh spinach
- 1/2 cup orange segments or sliced nectarines or peaches (peeled)
- 1/2 cup fresh sliced or halved strawberries
- 4 tablespoons 'lite' or reduced-calorie Italian dressing or lite raspberry vinaigrette
- 2 tablespoons roasted sunflower seeds

Preparation:

1. Toss first four ingredients together.
2. Sprinkle sunflower seeds on top.
3. Spoon into four salad bowls and enjoy!

Yield:

4 servings

Nutritional Information:

Per serving: 96 calories, 3 g protein, 15 g carbohydrate, 3 g fat (0.2 g saturated fat, 0.4 g monounsaturated fat, 2 g polyunsaturated fat), 0 mg cholesterol, 3 g fiber, 135 mg sodium. Calories from fat: 28%.

***add Chicken Breast or Tuna or Turkey**

Tri-Color Cauliflower

Ingredients:

- 1 small head cauliflower
- 1 small bell pepper (green)
- 1 lemon
- 1 pinch cumin
- 6 cherry tomatoes
- 8 ounces package fat-free cream cheese
- 1 small shallot
- Salt and pepper to taste

Preparation:

1. Boil the water and dip the tomatoes in the boiling water for several seconds, remove, rinse under cold water and peel.
2. Wash the cauliflower, separate the florets, blanch for a few seconds. Wash the bell pepper and remove the inside (seeds, etc.) cut into small pieces.
3. Put the cauliflower florets in a cassrole.
4. Prepare the sauce with the fat free cream cheese; wash the lemon, grate the lemon peel. Peel the shallot and mince. Put the shallots in a bowl and add the cream cheese and the cumin. Add salt and pepper. Beat well until all ingredients are blended.
5. Add the cauliflower and mix well.
6. Place the whole tomatoes among the cauliflower florets; add the bell pepper and serve.

Yield:

4 servings

Nutritional Information:

Per serving: 100 calories, 11 g protein, 7 g carbohydrate, 3 g fat, 22.5 mg vitamin C, 188 mg calcium, 3 g fiber. Calories from fat: 27%.

***add Chicken Breast or Tuna or Turkey**

The Broccoli and Everything Salad

Ingredients:

- 3 cups raw broccoli, chopped
- 1 cup seedless raisins
- 2 strips lean Canadian bacon
- 1/2 cup red onion, chopped
- **Vegetable Dressing**
 - 1/4 cup low calorie mayonnaise
 - 1/2 cup plain nonfat yogurt
 - 1/4 cup sugar
 - 1/2 teaspoon vinegar

Preparation:

1. In large bowl, combine chopped broccoli, raisins, cooked diced bacon, and raw chopped onions.
2. Combine dressing ingredients and stir well.
3. Add dressing to combined ingredients, and stir to coat evenly.

Yield:

4 servings

Nutritional Information:

Per serving: calories 268; fat 6 g, calories from fat 19%, cholesterol 10.2 g, fiber 3 g, sodium 303 mg.

***add Chicken Breast or Tuna or Turkey**

Quick and Light Greek Salad

Ingredients:

- 3 cucumbers, halved, seeds removed, and sliced (remove peel if desired)
- 3/4 cup crumbled, reduced-fat feta cheese (or substitute blue cheese)
- 1/2 cup sliced, canned black olives, drained
- 3 cups diced Roma tomatoes (or another type of vine-ripened tomato, or cherry tomato halves)
- 1/3 cup julienne sun-dried tomatoes, oil only lightly drained off (you want some oil because this is the dressing)
- 2/3 cup chopped red onion

Preparation:

1. Add all the ingredients to a salad bowl and gently toss.
2. Cover bowl and chill in refrigerator until ready to serve.

Yield:

8 servings

Nutritional Information:

Per serving: 80 calories, 4 g protein, 9 g carbohydrate, 4 g fat (2 g saturated fat, 1 g monounsaturated fat, 0.3 g polyunsaturated fat), 9 mg cholesterol, 2.1 g fiber, 205 mg sodium. Calories from fat: 41%.

***add Chicken Breast or Tuna or Turkey**

Blackberry Spinach Salad

This salad has so much flavor that the only dressing you'll need is a drizzle of balsamic vinegar.

Ingredients:

- 4 cups baby spinach, rinsed and dried (comes in packages this way), packed measure
- 2 cups fresh blackberries (thawed blackberries can also be used)
- 2 ounces crumbled goat cheese (or reduced-fat or regular feta cheese)
- 2 cups cherry or grape tomatoes, halved (chopped ripe tomatoes can be substituted)
- 1 large or 2 small green onions, sliced
- 3 tablespoons finely chopped walnuts or walnut pieces
- 4 tablespoons balsamic vinegar (add more to taste)

Preparation:

1. Add spinach, blackberries, cheese, cherry tomatoes, green onion, and walnuts to a large serving bowl. Toss to blend well.
2. Drizzle with balsamic vinegar and serve into 4 salad bowls.

Yield:

4 servings

Nutritional Information:

Per serving: 167 calories, 7 g protein, 21 g carbohydrate, 7 g fat (3.2 g saturated fat, 1.6 g monounsaturated fat, 1.8 g polyunsaturated fat), 11 mg cholesterol, 6 g fiber, 129 mg sodium. Calories from fat: 37%.

***add Chicken Breast or Tuna or Turkey**