Summer Salads

Use the word bank to find the hidden vegetables.
Words can be found going horizontal, vertical, diagonally or backwards.

F F F
O O O
D D H
E E E
R O O
F F O
O O O
D D H
E E E
R O O

Create a Salad

1. Start with Greens—One type or a mix. 2 cups of leafy greens is a serving.
2. Add Some Color—Vegetables or fruit (fresh, canned, or dried).
   Peas  Carrots  Tomatoes  Oranges
   Broccoli  Peppers  Berries  Cranberries
3. Pick a Low-Fat Protein—It helps you feel full.
   Egg  Tuna or salmon  Tofu
   Bean–cooked or canned (drained)  Cooked meats
4. Dress it Lightly—Dressings can add calories; use a small amount; try reduced-fat versions or make your own; thin dressings spread farther so you can use less.
5. Use Toppings Sparingly—Look for reduced-fat options. Cheese, seeds or nuts, bacon bits and croutons can add extra calories.

Ranch Dressing

Ingredients

¼ cup low-fat mayonnaise
½ cup low-fat buttermilk
1 teaspoon dried parsley
1 teaspoon garlic powder
½ teaspoon onion powder
¼ teaspoon each salt and pepper

Directions

1. Combine all ingredients in a small bowl and stir until smooth. Cover and chill until ready to serve.
2. Refrigerate leftovers within 2 hours.

Notes

✪ For a thinner dressing, add an extra 2 to 3 tablespoons of low-fat buttermilk.