



Super Salad Toppers

Salad shy? There is something for everyone with these simple sides.



INGREDIENTS

5 cups chopped salad greens (romaine, red or green leaf lettuce, spinach, spring mix, or a combination)

Citrus Splash Mix-In

1 large orange, peeled and cut into sections

1 medium pink or red grapefruit, peeled and cut into sections

½ cup chopped red onion

1 cup thinly sliced radishes

¼ cup sliced almonds

2 tablespoons light sesame dressing

2 tablespoons 100% orange juice

Nutrition information per serving: Calories 136, Carbohydrate 21 g, Dietary Fiber 5 g, Protein 4 g, Total Fat 6 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 112 mg

Savory & Satisfying Mix-In

1 cup canned black beans, drained and rinsed

½ red bell pepper, chopped

1 tomato, chopped

1 cup sweet corn

4 tablespoons lowfat Ranch dressing

Nutrition information per serving: Calories 151, Carbohydrate 27 g, Dietary Fiber 8 g, Protein 6 g, Total Fat 3 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 331 mg

Sweet Sensation Mix-In

1 cup sliced strawberries

1 cup shredded carrots

1 cup sliced apples

½ cup raisins

4 tablespoons lowfat balsamic vinaigrette

Nutrition information per serving: Calories 130, Carbohydrate 28 g, Dietary Fiber 4 g, Protein 2 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 252 mg

PREPARATION

1. Place salad greens in a large bowl.
2. Choose one of the Mix-Ins listed above and combine with the salad greens.
3. Toss all ingredients together and serve immediately.



Makes 4 servings. 2 cups per serving.
Prep time: 10 minutes