

# Salad greens



When most people think of salad they think of Iceberg lettuce. Iceberg lettuce is the second most popular vegetable eaten in the United States. It's also the least nutritious of all the salad greens. If you haven't tried some of the other types of lettuce such as Boston, Romaine, or leaf lettuce, you're in for a treat.

Get creative with your salads. Try mixing different salad greens with different vegetables, fruits, cheeses, meats, and even beans. Just watch the fat. If you are making your salad a main dish by adding meat to it, choose lean meats. Use cheeses sparingly and skip the bacon bits and croutons. Store-bought

dressings can be high in fat and sodium and are often expensive. Try making your own dressing. It's easier than you think. Use our dressing ideas (opposite) but be creative. Add dressing to salads just before use and be careful not to add too much. One tablespoon of dressing can contain up to 15 grams of fat.

## Pear Balsamic Salad

Serves 4

### Ingredients:

8 romaine lettuce leaves  
2 pears, cored and thinly sliced  
Balsamic vinegar (or vinegar of your choice)  
4 ounces gorgonzola cheese (optional)  
Pepper

### Directions:

1. Line 4 salad plates with lettuce leaves.
2. Arrange the pear slices over the lettuce.
3. Sprinkle with vinegar and lightly dust with pepper.
4. Crumble cheese over salad and serve.

Nutrient analysis does not include cheese.

Source: "Low-Fat Italian Favorites," Jean Rogers (ed.), Rodale Press, Emmaus, PA, 1996



## Nutrition Facts

Serving Size 1 Serving (208g)  
Servings Per Container 4

### Amount Per Serving

Calories 90      Calories from Fat 5

% Daily Value\*

<b>Total Fat</b>	0.5g	1%
Saturated Fat	0g	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	10mg	0%
<b>Total Carbohydrate</b>	19g	6%
Dietary Fiber	5g	20%
Sugars	15g	

### Protein 2g

Vitamin A 30%      • Vitamin C 50%  
Calcium 6%      • Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet.

## Tips

- Wash salad greens in cool water to remove dirt. If not using right away, wrap in a damp towel and place in a plastic bag in the refrigerator.
- Add salad dressing at the last minute to prevent wilting.

## Complementary Herbs

basil      mustard seed  
 chervil    oregano  
 chives     parsley  
 dill        tarragon  
 mint

### Creamy dressing

Dressings made from yogurt make a great-tasting lowfat alternative to Ranch and other creamy dressings. For a delicious low-cost honey-mustard dressing from scratch, combine nonfat plain yogurt with prepared mustard, honey, and vinegar. Buttermilk, lemon juice, or herbs can also be used to flavor yogurt-based dressings.

### Vinaigrette dressing

Mix equal parts oil and vinegar. Add any of your favorite herbs (1/2 teaspoon per cup of dressing) and shake. Olive oil in salad dressings can add a unique flavor. So can different types of vinegar, such as red wine or balsamic. You can also add a little orange or cranberry juice for a fruity flavor.

## Mushroom, Endive, and Watercress Salad

Serves 4

### Ingredients:

#### Salad

1/2 pound fresh mushrooms, thinly sliced  
 2 heads Belgian endive, sliced in 1-inch long sections  
 1/2 bunch watercress, tough stems removed  
 2 scallions

#### Dressing

1 Tablespoon olive oil  
 2 Tablespoons lemon juice  
 Pepper to taste

### Directions:

1. Combine salad ingredients in a serving bowl.
2. Mix together dressing ingredients.
3. Pour dressing over salad just before serving.

Source: "Jane Brody's Good Food Gourmet: Recipes and Menus for Delicious and Healthful Entertaining" by Jane Brody. Copyright 1990 by Jane E. Brody. Used by permission of W.W. Norton & Company, Inc.



## Nutrition Facts

Serving Size 1 Serving (129g)  
 Servings Per Container 4

Amount Per Serving

**Calories** 60      **Calories from Fat** 35

% Daily Value\*

**Total Fat** 3.5g      **5 %**

Saturated Fat 0.5g      **3 %**

**Cholesterol** 0mg      **0 %**

**Sodium** 15mg      **1 %**

**Total Carbohydrate** 5g      **2 %**

Dietary Fiber 2g      **8 %**

Sugars 2g

**Protein** 2g

Vitamin A 15%      • Vitamin C 20%

Calcium 4%      • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet.

*Changes in the ingredients and directions have been made for printing in this cookbook. UVM Extension is responsible for all changes that have been made to this recipe.*