

Salad Greens



Serving Ideas:

- ◆ Add chopped spinach to egg, rice and pasta dishes.
- ◆ Add leafy greens, like kale and spinach, to stir fry, stew and soup recipes.
- ◆ Try a salad with fruit & nuts on leafy lettuce, baby spinach, or a spring mix.
- ◆ Make a crunchy salad by tossing together chopped romaine or iceberg lettuce, bagged coleslaw mix (or chop cabbage and shred carrots) and chopped apples. Top with a creamy salad dressing like low-fat apple cider vinaigrette or lemon yogurt.

How to Store:

To store heads or bunches of lettuce, place in the refrigerator in a plastic bag with holes.

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Mexican Layer Salad

Makes 4 servings, about 2 cup each

Ingredients:

- 1 C low-fat ranch dressing
- 1 C prepared salsa
- 1 (10 oz.) package hearts of Romaine lettuce mix (or 4 cups shredded Romain lettuce)
- 1 (10 oz.) package shredded carrots (or shred 2-3 carrots)
- 1 (15 oz.) can black beans, drained and rinsed
- 1 (15 oz.) can whole kernel corn, drained
- 1 small red onion, diced
- 1 C finely shredded low-fat cheddar cheese
- 1 C baked tortilla chips, crushed

Directions:

1. Combine ranch dressing and salsa and set aside.
2. In a large bowl, layer the lettuce, carrots, black beans, corn, red onion and cheese.
3. Pour the dressing/salsa mixture on top of salad and chill for 45-60 minutes in the refrigerator.
4. When ready to serve, top salad with crushed tortilla chips.

Source: Harvest of the Month

Spinach and Chicken Italian

Makes 7 cups

Ingredients:

- 1 cup tomato pasta sauce
- 1 pound chicken breast cut or pounded into 1/2-inch thick slices
- 1/4 teaspoon each salt and pepper
- 1 package frozen spinach, thawed and drained or 4 cups fresh spinach leaves
- 3/4 cup shredded mozzarella cheese

Directions:

1. Preheat oven to 350 degrees.
2. Pour 1/2 cup of pasta sauce in a large baking dish. Sprinkle salt and pepper over chicken and add to the dish.
3. Top with remaining 1/2 cup of pasta sauce, spinach and mozzarella.
4. Bake for 30 to 40 minutes until chicken is no longer pink inside and cheese begins to turn brown.
5. Refrigerate leftovers within 2 hours.



Source: www.foodhero.org