

Create A Summer Salad

For a salad of 6-8 servings, start with about 12 cups crisp salad greens. Add some fresh or marinated vegetables, fruit, meat, fish or cheese and toss with 1/3 to 1/2 cup of your favorite low-fat dressing or flavored vinegar. Top with one of the garnishes listed below to add interest, flavor and texture to your tossed salad.

START WITH

(Select one or more to total 12 cups)

Endive, curly Lettuce, Bibb Lettuce, Boston	Endive Escarole Lettuce, iceberg	Lettuce, bronze Lettuce, leaf Lettuce, Romaine	Cabbage, Savoy Spinach Watercress
---	--	--	---

ADD

(Select one or more to total 1-1/2 cups)

Fresh Vegetables:	Marinated Vegetables:	Fruits:	Cheese, Fish, & Meat:
Carrots, thinly sliced or shredded Cauliflowerets Celery, sliced or chopped Cucumbers, sliced or cubed Mushrooms, sliced Onions, sliced or chopped Peppers, green or red Radishes, sliced Tomatoes, cut into wedges or coarsely chopped Zucchini, sliced or chopped NOTE: there are safety concerns in eating raw sprouts.	Artichoke hearts Beans, green Beans, mixed Beets Brussels sprouts Carrots Mushrooms Peppers, chili, chopped Vegetables, mixed	Apples, cut into wedges or chopped Avocados, sliced or cubed Bananas, sliced Grapefruit sections Grapes, whole or halved Nectarines Orange sections Peaches, sliced or cubed Pears, sliced or cubed Plums, sliced	Cheese: Colby Monterey Jack Swiss (all above cut into strips or cubes) Fish: Crabmeat, cut up Lobster, cut up Salmon Shrimp, cut up Tuna Meat: Chicken Cold cuts Ham Roast beef Sausages Tongue Turkey (all above cut into strips, thin slices or cubes)

TOP WITH

(Select one or more)

Anchovies Bacon, crisply fried and crumbled Nuts: almonds, cashews, peanuts, pecans or walnuts	Cheese, blue (crumbled) Carrot curls Onions, cocktail Peppers, chili Tomatoes, cherry	Croutons Eggs, hard-cooked, sliced, or chopped Olives, pitted, whole, or sliced Onions, French-fried	Cheese, Parmesan Nuts, sunflower seeds, sesame seeds
--	---	---	---