

Healthy Salad Recipes



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www.HealthyMenuMailer.com

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Your Secret Weapon To A Healthy Eating Lifestyle
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Introduction

Why Do Salads Make Such A Great Meal?

Lunch can be a tricky meal. You know you should be eating something to keep your blood sugar levels even and your metabolism running high. At the same time, you can't be eating anything too heavy or you will be dozing off shortly after lunch.

Salads are the perfect solution! They make nutrient dense and filling meals without weighing you down. Best of all they are healthy and mostly low in calories.

You can prepare many of the salads in this ebook ahead of time and take them with you. Not only will you be losing weight, you'll also save money by bringing your own lunch to work. We encourage you to give these recipes a try. Just pick a few that sound appealing and get cooking.

What About Dinner?

Evenings are a hectic time for many of us. We have the best intentions to feed our families nutritious meals, but then reality sets in. We spend all day driving the kids around, or are running late because of a long meeting at work and before we know it is 6 p.m. and there isn't a green vegetable or lean piece of meat in the fridge.

That's where we come in. Each week we send you 7 healthy and nutritious dinner recipes along with a grocery list. No more reason to order take-out or a pizza. You will have everything you need to cook a healthy dinner for your family. Give us a try today at www.healthymenumailer.com

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Cucumber Salad

Makes 8 Servings

INGREDIENTS:

- Cucumbers, thinly sliced
- 1 small white onion, thinly sliced
- 1 cup white vinegar
- 1/2 cup water
- 3/4 cup white sugar
- 1 tablespoon dried dill, or to taste

DIRECTIONS:

Combine cucumbers and onion in a large bowl. Add the vinegar, water and sugar to a saucepan and cook over medium-high heat. Bring to a boil, and pour over the cucumber and onions. Stir in dill, cover, and chill at least 30 min.

Calories: 77

Total Fat: 0g

Cholesterol: 0mg

Sodium: 2mg

Total Carbs: 19.7g

Dietary Fiber: 0.2g

Protein: 0.2g



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Spicy Bean Salad

Makes 8 Servings

INGREDIENTS:

- 1 (14.5 ounce) can black beans
- 1 (14.5 ounce) can dark red kidney beans
- 1 (15 ounce) can garbanzo beans
- 1 (14.5 ounce) can pinto beans
- 1 (10 ounce) package frozen corn kernels, thawed
- 1 tablespoon vegetable oil
- 1 teaspoon cumin
- 2 tablespoons chili powder
- 1 teaspoon lime juice
- 1 (8 ounce) jar chunky salsa
- 1 pinch dried parsley

DIRECTIONS:

Rinse the beans well, drain and pour into a large bowl. Add corn, oil, cumin, chili powder, lime juice, and salsa. Sprinkle with parsley, cover, and chill for about 1 hour before serving.

Calories: 260
Total Fat: 3.8g
Cholesterol: 0mg
Sodium: 827mg
Total Carbs: 46.9g
Dietary Fiber: 13.6g
Protein: 12.7g



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Bok Choy Salad

Makes 8 Servings

INGREDIENTS:

- 1 medium head bok choy, diced
- 1 bunch green onions, chopped
- 1 (3 ounce) package ramen noodles
- 1/2 cup blanched slivered almonds
- 2 tablespoons sesame seeds, toasted
- 1/3 cup olive oil
- 3 teaspoons lemon juice

DIRECTIONS:

Combine bok choy and green onions.

Whisk together the olive oil, lemon juice and ramen noodle seasoning packet.

Refrigerate dressing and bok choy mixture separately for about 30 min.

Break ramen noodles into small pieces. Mix with toasted almonds and sesame seeds.

Combine the cabbage mixture and noodle mixture; add dressing and toss to coat.

Calories: 174

Total Fat: 15g

Cholesterol: < 1mg

Sodium: 111mg

Total Carbs: 7.6g

Dietary Fiber: 2.9g

Protein: 4.4g



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Exotic Chicken Salad

Makes 10 Servings

INGREDIENTS:

- 1 honeydew melon
- 6 cups cubed, cooked chicken meat
- 2 cups chopped celery
- 2 cups seedless grapes
- 1 (8 ounce) can sliced water chestnuts
- 1/2 cup sour cream
- 1/2 cup plain yogurt
- 1 1/2 teaspoons curry powder
- salt and pepper to taste

DIRECTIONS:

Cut melon in half, and remove seeds. Cut into bite-size pieces.

Add chicken, celery, grapes and water chestnuts.

Wisk together sour cream, yogurt, and curry powder in a small bowl. Gently stir into salad. Season with salt and pepper to taste. Serve.

Calories: 244

Total Fat: 6.4g

Cholesterol: 69mg

Sodium: 94mg

Total Carbs: 22.6g

Dietary Fiber: 2.2g

Protein: 25g



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Sweet and Sour Tomato Salad

Makes 6 Servings

INGREDIENTS:

- 7 tomatoes
- 1 small yellow onion
- 1/2 cup white sugar
- 1/2 cup distilled white vinegar
- 1/2 cup vegetable oil
- salt and pepper to taste

DIRECTIONS:

Slice the tomatoes thinly. Cut the onion in half, then thinly slice into half-circles. In a large bowl, combine tomatoes, onion, sugar, vinegar, oil, salt and pepper. Serve at room temperature.

Calories: 272

Total Fat: 18.9g

Cholesterol: 0mg

Sodium: 6mg

Total Carbs: 25.8g

Dietary Fiber: 1.4g

Protein: 1.3g



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Filling Tomato Cucumber Salad

Makes 4 Servings

INGREDIENTS:

- 1 tomato, chopped
- 1 cucumber, seeded and chopped
- 1/4 cup thinly sliced red onion
- 1/4 cup canned kidney beans, drained
- 1/4 cup diced firm tofu
- 2 tablespoons chopped fresh basil
- 1/4 cup balsamic vinaigrette salad dressing
- salt and pepper to taste

DIRECTIONS:

Combine the tomato, cucumber, red onion, kidney beans, tofu, and basil in a large bowl. Toss with balsamic vinaigrette salad dressing, and season with salt and pepper.

Calories: 98

Total Fat: 6.1g

Cholesterol: 0mg

Sodium: 333mg

Total Carbs: 8.4g

Dietary Fiber: 2.4g

Protein: 4.1g



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Eggplant Tomato Salad

Makes 5 Servings

INGREDIENTS:

- 1 green bell pepper
- 1 large red bell pepper
- 7 tomatoes
- 1 eggplant
- 4 cloves crushed garlic
- 1/4 cup extra virgin olive oil
- 2 tablespoons tomato paste
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon cayenne pepper



DIRECTIONS:

Roast peppers until skin turns black. Cool in a plastic bag. Remove burnt skin and rinse well.

Boil tomatoes for 1 minute and cool in ice water. Peel and chop.

Cut the eggplant into small strips and sauté in oil for about 6 to 8 minutes. Once the eggplant is soft, add garlic.

Open the peppers and remove seeds. Cut into small strips and add to eggplant. Add tomatoes to eggplant mixture. Add tomato paste, salt, pepper and cayenne. Bring to boil, reduce heat and simmer for 30 minutes. Let the salad cool before serving.

Calories: 198

Total Fat: 12.3g

Cholesterol: 0mg

Sodium: 307mg

Total Carbs: 22.2g

Dietary Fiber: 6.5g

Protein: 3.8g

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Healthy Greek Salad

Makes 6 Servings

INGREDIENTS:

- 3 large ripe tomatoes, chopped
- 2 cucumbers, peeled and chopped
- 1 small red onion, chopped
- 1/4 cup olive oil
- 4 teaspoons lemon juice
- 1 1/2 teaspoons dried oregano
- salt and pepper to taste
- 1 cup crumbled feta cheese
- 6 black Greek olives, pitted and sliced

DIRECTIONS:

Combine tomatoes, cucumber, and onion in a bowl. Sprinkle with oil, lemon juice, oregano, and salt and pepper to taste. Sprinkle feta cheese and olives over salad.

Calories: 190

Total Fat: 15.8g

Cholesterol: 22mg

Sodium: 350mg

Total Carbs: 8.8g

Dietary Fiber: 1.9g

Protein: 5g



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Mediterranean Broccoli Salad

Makes 8 Servings

INGREDIENTS:

- 3 heads fresh broccoli, chopped
- 1 red onion, chopped
- 3 (6 ounce) cans jumbo black olives, sliced
- 2 (6.5 ounce) jars marinated artichoke hearts, sliced
- 3 large tomatoes, chopped
- 3 bunches green onions, chopped
- 1 (8 ounce) bottle Italian-style salad dressing

DIRECTIONS:

Combine the broccoli, red onion, olives, artichoke hearts, tomatoes and green onions in a bowl.

Add the dressing, toss, cover and refrigerate for 24 hours before serving.

Calories: 352

Total Fat: 28.1g

Cholesterol: 0mg

Sodium: 982mg

Total Carbs: 26.1g

Dietary Fiber: 8.6g

Protein: 6.4g



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Sweet Potato Salad

Makes 12 Servings

INGREDIENTS:

- 3 pounds red potatoes
- 2 1/2 pounds sweet potatoes
- 1/4 cup white wine vinegar
- 1/4 cup olive oil
- 1 clove garlic, minced
- 1/4 cup dill pickle relish
- 1/2 cup chopped red onion
- 1/3 cup mayonnaise
- 1 pinch ground black pepper
- 1/3 cup sour cream
- 1/2 cup chopped parsley



DIRECTIONS:

Boil until tender but still firm, about 15 minutes. Drain, cool and slice.
Combine the vinegar, olive oil, garlic, dill pickle relish and onion in a large bowl.
Add sliced potatoes and mix to coat.
Whisk together mayonnaise, pepper, sour cream and parsley. Pour over potatoes and chill at least 8 hours before serving.

Calories: 237
Total Fat: 11g
Cholesterol: 6mg
Sodium: 112mg
Total Carbs: 32.1g
Dietary Fiber: 6.3g
Protein: 4.1g

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Bacon Spinach Salad

Makes 4 servings

For a touch of sweetness and color, use raspberry vinegar in place of the white vinegar and sprinkle the salad with fresh raspberries.

INGREDIENTS

- 4 slices bacon, diced
- 1/4 cup white vinegar
- 4 teaspoons sugar
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 bag (10 ounce) washed fresh spinach
- 5 medium green onions, chopped (1/3 cup)



DIRECTIONS

1. Cook bacon in 12-inch skillet over medium heat, stirring occasionally, until crisp. Stir in vinegar, sugar, salt and pepper. Heat through, stirring constantly, until sugar is dissolved; remove from heat.
2. Add Spinach and onions to bacon mixture. Toss 1 to 2 minutes or until spinach is wilted.

Calories 65 (Calories from Fat 25)
Fat 3g (Saturated 1g)
Cholesterol 5mg
Sodium 280mg
Carbohydrate 8g (Dietary Fiber 2g)
Protein 3g

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Fajita Salad

Makes 4 servings

INGREDIENTS

- 3/4 pound lean top beef round steaks, cut into thin strips
- 2 tablespoons each ketchup and lime juice
- 1 clove garlic, minced
- 1/2 teaspoon ground cumin
- 4 cups shredded lettuce
- 1/2 cup each: diced seeded cucumbers, green bell pepper, red bell pepper, and seeded tomato
- 1/4 cup each: chopped fresh cilantro and thinly sliced scallion
- 1/4 cup fat-free French salad dressing
- 4 6-inch corn tortilla

DIRECTIONS

1. Place beef in a shallow dish. Combine next 4 ingredients; pour over beef and toss to coat. Refrigerate at least 30 minutes, or overnight, if desired.
2. Meanwhile, prepare salad: Arrange lettuce on a large serving platter or shallow salad bowl. In another bowl, combine remaining ingredients, except tortillas, and toss to coat. Spoon over lettuce, leaving a 1-inch border. Salad may be refrigerated if not serving right away.
3. Remove beef from refrigerator. Heat large nonstick skillet over high heat. Add beef and cook, stirring 3 to 5 minutes or just until cooked through; remove from heat. Warm tortillas according to package directions; cut each into thirds. Wrap 2 to 3 pieces of beef in each tortilla strip. Arrange decoratively on top of salad. Serve additional French dressing on side, if desired.

Calories 202 (32 calories from fat)

Fat 4g

Saturated Fat 1g

Cholesterol 48mg

Sodium 223mg

Carbohydrate 20g

Dietary Fiber 3g

Sugars 5g

Protein 22g



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Italian Tuna Salad Toss

Makes 6 servings

Serving Size 2 cups

- 1 (10-ounce) package salad greens
- 1 (14-ounce) can artichoke hearts, drained, quartered
- 1 (9-ounce) package tuna in water, drained, flaked
- 1/2 pound green beans, cooked, drained
- 1 cup sliced plum tomatoes
- 1 bottle (8 oz) Italian salad dressing - fat free

Place greens on serving platter. Arrange artichokes, tuna, beans, and tomatoes over greens. Top with dressing.

Calories 108(7 calories from fat)

Fat 1g

Saturated Fat 0g

Cholesterol 12mg

Sodium 674mg

Carbohydrate 13g

Dietary Fiber 3g

Sugars 8g

Protein 13g



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Oriental Garden Toss

Makes 6 servings

Serving Size 1 cup



- 1/3 cup thinly sliced green onions
- Tablespoon reduced-sodium soy sauce
- 3 tablespoons water
- 1 1/2 teaspoons roasted sesame oil
- 1 teaspoon Equal measure or 3 packets EQUAL sweetener or 2 Tbsp EQUAL Spoonful
- 1/4 teaspoon garlic powder
- 1/8 teaspoon crushed red pepper flakes
- 1 package (3 oz) low-fat ramen noodles soup
- 2 cups fresh peas pods, halved crosswise
- 1 cup fresh bean sprouts
- 1 cup sliced fresh mushrooms
- 1 can (8 3/4 oz) baby corn, drained and halved crosswise
- 1 red bell pepper, cut into bit-size strips
- 3 cups shredded Chinese cabbage
- 1/3 cup chopped lightly salted cashew nuts (optional)

1. Combine green onions, soy sauce, water, sesame oil, Equal, garlic powder, and red pepper flakes in screw-top jar; set aside.

2. Break up ramen noodles (discard seasoning packet); combine with pea pods in large bowl. Pour boiling water over mixture to cover. Let stand 1 minute; drain.

3. Combine noodles, pea pods, bean sprouts, mushrooms, baby corn, and bell pepper in large bowl. Shake dressing and add to noodle mixture; toss to coat. Cover and chill 2 to 24 hours. Just before serving, add shredded cabbage; toss to combine. Sprinkle with cashews, if desired.

Calories 109(19 calories from fat)

Fat 2g

Saturated Fat 0g

Cholesterol 0mg

Sodium 361mg

Carbohydrate 21g

Dietary Fiber 4g

Sugars 6g

Protein 4g

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Penne Spring Pea Salad

Makes 6 servings

Serving Size 1 cup

- 1/2 pound penna rigate or medium pasta shells, cooked and cooled
- 1 1/2 cups fresh or thawed frozen green peas, cooked
- 1 large yellow or red bell pepper, sliced
- 1/2 cup sliced green onions and tops
- 1 cup skim milk
- 1/2 cup fat-free mayonnaise
- 1/2 cup red wine vinegar
- 1/4 cup minced parsley
- 2 teaspoons drained green peppercorns, crushed (optional)
- 1 3/4 teaspoons Equal measure or 6 packets EQUAL Sweetener or 1/4 cup EQUAL Spoonful
- 1 dash pepper

1. Combine pasta, peas, bell pepper, and green onions in salad bowl. Blend milk and mayonnaise in medium bowl until smooth. Stir in vinegar, parsley, peppercorns, and Equal.

2. Pour dressing over salad and toss to coat; season to taste with pepper.

Calories 221(7 calories from fat)

Fat 1g

Saturated Fat 0g

Cholesterol 1mg

Sodium 169mg

Carbohydrate 44g

Dietary Fiber 4g

Sugars 10g

Protein 9g



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Tangy Broccoli Salad

Makes 10 servings

- 1 cup Nonfat Salad Dressing (such as Miracle Whip)
- 2 tablespoons sugar
- 2 tablespoons vinegar
- 1 medium bunch broccoli, cut into florets (about 6 cups)
- 4 cups loosely packed torn spinach
- 1/2 cup slivered red onions
- 1/4 cup OSCAR MAYER real bacon bits
- 1/4 cup raisins

1. Mix dressing, sugar, and vinegar in large bowl.

2. Add remaining ingredients; mix lightly. Refrigerate. Makes 10 servings.

Calories 78(8 calories from fat)

Fat 1g

Saturated Fat 0g

Cholesterol 2mg

Sodium 313mg

Carbohydrate 15g

Dietary Fiber 2g

Sugars 10g

Protein 4g



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Tortellini Salad

Makes 4 servings

Serving Size 1 cup + 2 Tbsp

- 8 ounces frozen cheese-filled tortellini noodles (about 2 cups)
- 1/2 cup refrigerated Maries Zesty Fat Free Italian Vinaigrette
- 1 small cucumber, diced (about 1 cup)
- 1 medium tomato, diced (about 1 cup)
- 1 green onion, sliced (about 2 Tbsp)
- Assorted salad greens, optional

1. Cook tortellini according to package directions. Drain in colander. In medium bowl, toss hot tortellini with vinaigrette; cool 10 minutes.

2. Add cucumber, tomato, and onion; toss gently to coat. Serve at room temperature or cover and refrigerate until serving time. Serve on salad greens. If desired, garnish with plum tomato and fresh sage.

Calories 168 (30 calories from fat)

Fat 3g

Saturated Fat 1g

Cholesterol 20mg

Sodium 339mg

Carbohydrate 29g

Dietary Fiber 1g

Sugars 5g

Protein 6g



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Triple Bean Salad

Makes 4 servings

Serving Size 1 cup

- 1 (14 1/2-ounce) can green beans, drained
- 1 (15 1/2-ounce) can wax beans, drained and rinsed
- 1 (15 1/2-ounce) can dark kidney beans, drained
- 1/4 cup sliced green onions
- 1/4 cup red wine vinegar
- 1 tablespoon olive oil
- 1 teaspoon EQUAL Measure or 3 packets EQUAL sweetener or 2 Tbsp EQUAL Spoonful
- 1 teaspoon dried basil leaves
- 1 small clove garlic, minced
- 1/4 teaspoon fresh ground pepper

Combine green beans, wax beans, kidney beans, green onions, vinegar, oil, Equal, basil, garlic, and pepper in large nonmetallic bowl. Mix well. Cover; refrigerate overnight. Serve chilled.

Calories 159 (36 calories from fat)

Fat 4g

Saturated Fat 1g

Cholesterol 0mg

Sodium 425mg*

Carbohydrate 25g

Dietary Fiber 7g

Sugars 6g

Protein 8g



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Healthy Potato Salad

Makes 6 servings

- 1 1/2 pounds new potatoes, quartered (about 4 1/2 cups)
- 1/2 cup Nonfat Salad Dressing (Such as Miracle Whip)
- 1/4 cup finely sliced green onions
- 4 teaspoons Dijon style mustard
- 2 teaspoons honey
- Dash ground black pepper

1. Cook potatoes in boiling water until tender; drain and rinse with cold water until potatoes are cool.

2. Mix dressing, onions, mustard, honey, and pepper in large bowl.

3. Add potatoes; mix lightly. Refrigerate.

Calories 131 (3 calories from fat)

Fat 0g

Saturated Fat 0g

Cholesterol 0mg

Sodium 210mg

Carbohydrate 30g

Dietary Fiber 2g

Sugars 7g

Protein 2g



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Glazed Fruit Salad

Makes 5 servings

Serving Size 1 cup

- 1 can (about 11 oz) mandarin oranges segments, drained
- 1 cup green seedless grapes or red
- 1 cup sliced strawberries
- 2 medium bananas, sliced
- 1 medium apple, cored and diced
- 1/2 cup Marie's Creamy Glaze for bananas
- 1/2 cup miniature marshmallows, optional
- 1/4 cup flaked coconut, toasted, optional

In large bowl, combine fruit and glaze; toss to coat. Serve immediately. Or, cover and refrigerate. Just before serving, gently stir in marshmallows and coconut. If desired, garnish with fresh orange mint.

Calories 168 (24 calories from fat)

Fat 3g

Saturated Fat 1g

Cholesterol 0mg

Sodium 44mg

Carbohydrate 37g

Dietary Fiber 4g

Sugars 28g

Protein 1g



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What's Next?

We hope you enjoyed the salad recipes in this publication.

Remember These Great Reasons To Enjoy A Salad For Lunch

- A light lunch will keep you energized in the afternoon
- Keep your blood sugar levels even and keep your metabolism up
- Better cope with stress
- Consume less calories throughout the rest of the day
- Set a good example for loved ones and friends

So give some of these salad recipes a try. They are great as a complete meal or as a side dish.

We would love to help you plan healthy breakfasts, dinners and snacks as well. For more information and to subscribe to our Healthy Menu Mailer go to www.healthymenemailer.com

Susanne Myers & Christine Steendahl

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