

Chopped Salad with Gorgonzola

- 6 cups chopped lettuce (preferably not iceberg lettuce)
- 1 cup frozen green peas, thawed
- 2 medium carrots, thinly sliced
- 1 medium cucumber, peeled and chopped
- ½ cup finely chopped red onion
- ½ cup fat-free or light ranch salad dressing
- 1 tablespoon plus 1 teaspoon crumbled Gorgonzola cheese

In a large bowl, combine the lettuce, peas, carrots, cucumber, onion, and salad dressing. Toss gently to coat. Add the Gorgonzola. Toss gently.

Nutrition Information: 2 cup per serving; 116 calories; 1.0 total fat; 0.5 g saturated fat; 2 mg of cholesterol; 432 mg sodium; 5 g fiber; 8 g sugar; 4 g protein

Source: American Heart Association (2005). *No-Fad Diet: A Personal Plan for Healthy weight Loss*.

Baby Green with Spiced Cranberry Vinaigrette

- 8 cups mixed baby greens or spring greens (about 5 ounces)
- ½ cup thinly sliced onion
- ½ medium Gala or Jonathan apple, unpeeled and sliced

Cranberry Vinaigrette

- ¼ cup sweetened cranberry juice
 - 2 tablespoons red wine vinegar
 - 1 ½ tablespoons honey
 - 1 teaspoon grated peeled gingerroot
 - ½ teaspoon ground cinnamon
 - 1/8 teaspoon ground cloves
 - 1/8 teaspoon salt
- 2 ounces soft goat cheese, crumbled

Place the greens on plates. Arrange the onion and apple on the greens. Put the vinaigrette ingredients in a small jar with a tight-fitting lid and shake to combine. Pour the dressing over the salad. Sprinkle with the goat cheese

Nutrition Information: 2 cups per serving; 106 calories; 3.5 total fat; 2.0 g saturated fat; 7 mg of cholesterol; 154 mg sodium; 3 g fiber; 12 g sugar; 5 g protein

Source: American Heart Association (2005). *No-Fad Diet: A Personal Plan for Healthy weight Loss*.

Salmon and Cilantro Potato Salad

1 (14 3/4 ounce) can salmon (drained & flaked)
1/4 cup fresh cilantro (chopped)
1 teaspoon garlic (minced)
1 1/2 cups fat-free mayonnaise
1/3 cup red onions (diced)
1/3 cup celery (diced)
2 1/2 lbs red potatoes (cooked & quartered with skin left on)
salt & pepper (to taste)

8-10 servings 8-10 Side dish servings

20 minutes prep

Put mayonnaise, cilantro, garlic, onion & celery in a lrg mixing bowl & combine well.
Add salmon & potatoes & gently mix all ingredients together to coat. Taste & add salt & pepper to suit individual pref.

Chill for 1-3 hrs for best results. Garnish w/fresh cilantro & serve.

NOTE: # of servings & serving size will depend on whether you use it as a side dish or 1-dish meal.

Nutrition Information: Amount per serving: Calories 207 Calories from Fat 29 (14%)
Total Fat 3.2g (4%) Saturated Fat 0.6g (2%) Polyunsat. Fat 0.8g Monounsat. Fat 0.5g
Trans Fat 0.0g Cholesterol 31mg (10%) Sodium 407mg (16%) Potassium 814mg (23%)
Total Carbohydrate 31.7g (10%) Dietary Fiber 4.3g (17%) Sugars 4.7g Protein 13.5g (27%)

Source: <http://www.recipezaar.com>

Warm Mushroom and Spinach Salad

1 teaspoon vegetable oil
1 lb fresh mushrooms
1/4 cup raspberry vinaigrette dressing
1 tablespoon balsamic vinegar
salt and pepper
8 cups baby spinach
1 cup raspberries
1/2 cup toasted pecan halves
1/4 cup blue cheese, crumbled

4 servings

20 minutes 15 mins prep

In large skillet, heat oil over medium heat. Add mushrooms, cook 5 minutes or until softened. Add raspberry dressing and vinegar, boil 1 minute. Season with salt and pepper. Place spinach, raspberries and pecans in salad bowl or arrange on individual salad plates. Toss with warm dressing or spoon over salad. Sprinkle blue cheese on top. Serve immediately.

Nutrition Information: Amount per serving: Calories 180 Calories from Fat 119 (66%)
Total Fat 13.3g (20%) Saturated Fat 2.6g (12%) Polyunsat. Fat 3.8g Monounsat. Fat 6.0g
Trans Fat 0.0g Cholesterol 6mg (2%) Sodium 171mg (7%) Potassium 815mg
(23%) Total Carbohydrate 11.5g (3%) Dietary Fiber 5.6g (22%) Sugars 4.0g
Protein 8.5g (17%)

Source: <http://www.recipezaar.com>

Tabouleh

1 cup bulgur wheat
1 tablespoon sea salt
1 1/4 cups boiling water
1 pint cherry tomatoes
1/2 cup flat leaf parsley, chopped
1/2 cup fresh mint, chopped
1/4 cup fresh dill, chopped
1/2 cup cucumbers, chopped
2 teaspoons garlic, chopped
1/4 cup lemon juice
1/3 cup extra-virgin olive oil
1 teaspoon black pepper

6-10 servings

35 minutes 15 mins prep

Place the first three ingredients in a bowl, and cover with plastic wrap. Let sit for 20 minutes, then fluff with a fork. Add everything else into a large bowl. Add the cooked bulgar wheat. Let sit in the refrigerator for about 10 min to cool.

Nutrition Information: Calories 179 Calories from Fat 111 (62%) Amount Per Serving
%DV: Total Fat 12.4g 19% Saturated Fat 1.7g 8% Polyunsat. Fat 1.4g Monounsat. Fat
8.8g Trans Fat 0.0g Cholesterol 0mg 0% Sodium 1177mg 49% Potassium 332mg 9%
Total Carbohydrate 17.3g 5% Dietary Fiber 3.7g 14% Sugars 6.5g Protein 2.5g 4%

Source: <http://www.recipezaar.com>

Ultimate Greek Salad with Cherry Tomatoes

2 red bell peppers
1 green bell pepper
2 cups cherry tomatoes
2 cucumbers
2 red onions
1/2 lb feta cheese
1 garlic clove
3/4 cup kalamata olives
6 anchovy fillets (optional)
2 tablespoons capers, rinsed
1/4 cup red wine vinegar
2 tablespoons minced fresh dill
1 teaspoon dried oregano
1/2 teaspoon salt
1/2 teaspoon fresh ground pepper
1/3 cup fruity extra-virgin olive oil

8 servings

25 minutes 15 mins prep

Seed the bell peppers and cut them into 1-inch chunks. Stem the cherry tomatoes and halve one-half of them, leaving the others whole.

Peel and thickly slice the cucumbers, and thinly slice the red onions. Cut the feta cheese into 1-inch cubes. Crush and mince the garlic clove.

In a large bowl, combine the bell peppers, tomatoes, cucumbers, onions, feta cheese, olives, anchovies and capers and toss together.

In a small bowl, whisk together the vinegar, garlic, dill, oregano, salt and pepper. While whisking, slowly drizzle in the olive oil to make a thick dressing.

Pour the dressing over the salad, toss and serve immediately.

Nutrition Information: Calories 213 Calories from Fat 150 (70%) Amount Per Serving
%DV Total Fat 16.7g 25% Saturated Fat 5.8g 28% Polyunsat. Fat 1.4g Monounsat. Fat 8.9g Trans Fat 0.0g Cholesterol 25mg 8% Sodium 642mg 26% Potassium 360mg 10%
Total Carbohydrate 11.9g 3% Dietary Fiber 2.7g 10% Sugars 6.2g Protein 5.8g 11%

Source: <http://www.recipezaar.com>

Cottage Style Cucumber Salad

1 cup small curd cottage cheese
1 medium cucumber (diced)
1 large tomato (seeds removed & diced)
1/2 cup leeks (or onion of choice, diced)
1 teaspoon sugar
1/2 teaspoon seasoning salt
1/2 teaspoon black pepper

6 servings 6 4 oz servings Change size or US/metric
Change to: 4 oz servings US Metric

20 minutes 20 mins prep

Prepare & combine all vegetable ingredients. Add seasoning salt & black pepper to taste.
Fold in cottage cheese gently & mix just enough to get a good distributional mix.
Refrigerate for 2 hrs before serving.

Source: <http://www.recipezaar.com>

Summer Salad with Citrus Style Vinaigrette

Salad

- 1 1/2 cups zucchini, julienned (1-inch long)
- 1 1/2 cups yellow squash, julienned (1-inch long)
- 1 cup corn kernels (fresh-about 2 ears)
- 1/2 cup red peppers, julienned (1-inch long)
- 3 tablespoons red onions, finely chopped
- 2 tablespoons flat leaf parsley, chopped
- 1 tablespoon fresh basil, finely chopped

Vinaigrette

- 3 tablespoons fresh orange juice
- 1 1/2 tablespoons fresh lime juice
- 3 teaspoons extra virgin olive oil
- 2-3 teaspoons honey
- 1 teaspoon red wine vinegar
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper

4 servings

20 minutes 20 mins prep

To prepare salad:

Combine zucchini and remaining ingredients in a large bowl.

To make vinaigrette:

Combine the 7 ingredients, stirring with a whisk.

Add the vinaigrette to the salad, toss well. Cover and chill.

Nutrition Information: Calories 106 Calories from Fat 35 (33%) Amount Per Serving
%DV Total Fat 4.0g 6% Saturated Fat 0.6g 2% Polyunsat. Fat 0.6g Monounsat. Fat
2.6g Trans Fat 0.0g Cholesterol 0mg 0% Sodium 158mg 6% Potassium 425mg 12%
Total Carbohydrate 18.2g 6% Dietary Fiber 2.6g 10% Sugars 6.6g Protein 2.8g 5%

Source: <http://www.recipezaar.com>

Tomato and Pepper Salad

2 cups diced tomatoes
1 cup diced green bell peppers
1 cup diced yellow bell peppers
1 cup diced onions
1/4 cup chopped fresh parsley
1/4 cup fresh lemon juice
3 tablespoons capers
2 teaspoons olive oil
1/4 teaspoon salt
1/4 teaspoon pepper

4 servings
30 minutes 30 mins prep

Combine all ingredients in a bowl; stir well.

Yield: 4 cups (serving size: 1/4 cup).

Nutrition Information: Calories 77 Calories from Fat 24 (31%) Amount Per Serving
%DV Total Fat 2.7g 4% Saturated Fat 0.4g 2% Polyunsat. Fat 0.4g Monounsat. Fat
1.7g Trans Fat 0.0g Cholesterol 0mg 0% Sodium 346mg 14% Potassium 459mg 13%
Total Carbohydrate 13.6g 4% Dietary Fiber 3.0g 12% Sugars 5.4g Protein 2.2g 4%

Source: <http://www.recipezaar.com>

Mixed Apple Salad Over Greens

Dressing

- 1/4 cup fresh lemon juice
- 2 tablespoons honey
- 1 teaspoon olive oil
- 1 dash salt
- 1 dash fresh ground black pepper

Salad

- 2 cups chopped granny smith apples
- 2 cups chopped apples (Cameo or Braeburn)
- 1/4 cup crumbled blue cheese
- 2 slices bacon, cooked and crumbled
- 4 cups mixed salad greens

4 servings

20 minutes 20 mins prep

To prepare dressing, combine first 5 ingredients in a small bowl, stirring well with a whisk. To prepare salad, combine apples, cheese, and bacon. Drizzle dressing over apple mixture; toss gently to coat. Serve over greens.

Nutrition Information: Calories 192 Calories from Fat 79 (41%) Amount Per Serving
%DV Total Fat 8.9g 13% Saturated Fat 3.5g 17% Polyunsat. Fat 0.8g Monounsat. Fat
3.8g Trans Fat 0.0g Cholesterol 14mg 4% Sodium 252mg 10% Potassium 203mg 5%
Total Carbohydrate 27.5g 9% Dietary Fiber 3.1g 12% Sugars 22.0g Protein 3.5g 7%

Source: <http://www.recipezaar.com>

Honey Mustard Chicken Salad

For Salad

1 boneless skinless chicken breast
2 cups salad greens
1/2 cup chopped cucumbers
1/4 cup chopped red onions
1 hard-boiled egg, chopped
1/8 cup cheddar cheese, grated
1 tomato, cut into 6 wedges

For Dressing

1 1/2 teaspoons whole grain mustard
1 1/2 tablespoons honey
1 1/2 tablespoons apple cider vinegar
salt and pepper

1 serving

23 minutes 8 mins prep

Grill, bake, or pan sear the chicken breast and set it aside.

On a plate or in a bowl, layer the salad greens, cucumber, red onion, and egg in that order. Place the tomato wedges around the outside of the salad for presentation.

In a small bowl, whisk together all of the dressing ingredients, and set aside.

Slice the chicken breast and set it on top of the salad.

Sprinkle on the cheese and pour on the dressing.

Nutrition Information: Calories 437 Calories from Fat 110 (25%) Amount Per Serving
%DV Total Fat 12.2g 18% Saturated Fat 5.1g 25% Polyunsat. Fat 1.6g Monounsat. Fat
4.0g Trans Fat 0.0g Cholesterol 295mg 98% Sodium 361mg 15% Potassium 1126mg
32% Total Carbohydrate 42.3g 14% Dietary Fiber 4.5g 17% Sugars 33.7g
Protein 41.2g 82%

Source: <http://www.recipezaar.com>

Green Salad with Grapes and Sunflower Seeds

3 tablespoons red wine vinegar
1/2 teaspoon salt
1/4 teaspoon pepper
2 teaspoons Dijon mustard
1 pinch sugar
1/3 cup olive oil
8 cups torn mixed salad greens
1 cup flat leaf parsley, rinsed and spun dry (or Italian)
1 1/2 cups red seedless grapes, halved
1/4 cup shelled roasted sunflower seeds

8 servings
20 minutes 20 mins prep

In a small bowl whisk together the vinegar, salt, pepper, Dijon and sugar. Add the oil and whisk until emulsified. Combine the lettuce, parsley and grapes and toss with the dressing. Sprinkle with sunflower seeds and serve immediately.

Nutrition Information: Calories 127 Calories from Fat 100 (78%) Amount Per Serving
%DV Total Fat 11.1g 17% Saturated Fat 1.5g 7% Polyunsat. Fat 2.3g Monounsat. Fat
7.0g Trans Fat 0.0g Cholesterol 0mg 0% Sodium 164mg 6% Potassium 136mg 3%
Total Carbohydrate 7.0g 2% Dietary Fiber 1.0g 4% Sugars 4.9g Protein 1.3g 2%

Source: <http://www.recipezaar.com>

Fresh Fruit Salad

1/4 teaspoon salt
2 teaspoons cardamom
1/4 cup Splenda granular, sugar substitute (or sugar)
3/4 cup nonfat yogurt (or fat free sour cream)
2 cups cantaloupe balls (or cubes)
2 cups watermelon balls (or cubes)
1/2 cup blueberries
1/2 cup blackberries
1/2 cup fresh pineapple, cubed
1/4 cup walnuts, roughly chopped (or nuts of your choice)
fresh basil leaves, roughly chopped (optional)

4-6 servings
30 minutes 30 mins prep

In a small bowl whisk together nonfat yogurt, Splenda, cardamom and salt, set aside. Combine the rest of the ingredients in a large bowl, carefully mix. (fresh basil leaves, roughly chopped, may be added if using).
Pour nonfat yogurt mix over the fruit and carefully stir to coat.
Alternately, the nonfat yogurt mix can be served on the side, or as a topping on each serving. Garnish with fresh basil leaves.

Nutrition Information: Calories 157 Calories from Fat 48 (30%) Amount Per Serving
%DV Total Fat 5.4g 8% Saturated Fat 0.6g 2% Polyunsat. Fat 3.7g Monounsat. Fat 0.7g
Trans Fat 0.0g Cholesterol 0mg 0% Sodium 196mg 8% Potassium 548mg 15%
Total Carbohydrate 25.1g 8% Dietary Fiber 3.5g 14% Sugars 19.9g Protein 5.6g 11%

Source: <http://www.recipezaar.com>

Peach-Pecan Spinach Salad

4 cups baby spinach
1 (15 ounce) can yellow cling peaches, sliced, drained
1 cup red bell peppers, thinly sliced
1/4 cup pecan pieces, toasted
1/2 cup blue cheese balsamic vinaigrette

4 servings
10 minutes 10 mins prep

In large bowl mix all ingredients together. Chill and serve.

Nutrition Information: Calories 110 Calories from Fat 46 (42%) Amount Per Serving
%DV Total Fat 5.2g 7% Saturated Fat 0.5g 2% Polyunsat. Fat 1.6g Monounsat. Fat
2.8g Trans Fat 0.0g Cholesterol 0mg 0% Sodium 28mg 1% Potassium 410mg 11%
Total Carbohydrate 16.6g 5% Dietary Fiber 3.4g 13% Sugars 12.9g Protein 2.5g 5%

Source: <http://www.recipezaar.com>

The Best Tomato Salad

4-8 medium tomatoes, cut into chunks (figure 1 tomato per person)

1/4 cup olive oil

8 ounces mozzarella cheese, cubed (optional)

1/8 cup basil leaves, chopped (optional)

salt & pepper

4-6 servings

10 minutes 10 mins prep

Toss all ingredients together and enjoy.

Tastes best served at room temperature immediately after tossing.

Nutrition Information: Calories 141 Calories from Fat 123 (87%) Amount Per Serving
%DV Total Fat 13.7g 21% Saturated Fat 1.9g 9% Polyunsat. Fat 1.6g Monounsat. Fat
9.9g Trans Fat 0.0g Cholesterol 0mg 0% Sodium 6mg 0% Potassium 291mg 8%
Total Carbohydrate 4.8g 1% Dietary Fiber 1.5g 5% Sugars 3.2g Protein 1.1g 2%

Source: <http://www.recipezaar.com>