

Super Salads & Salad Dressings

Nothing says summer like a fresh garden or fruit salad. Salads are easy to make and are nutritious. In fact, most salad greens only have about 10-20 calories per cup and vegetables have 10-12 calories per ¼ cup. Choose a variety of ingredients for a very low-calorie, low-fat, high-fiber meal!

Basic Ingredients

Greens

- Iceberg
- Spinach
- Romaine
- Arugula
- Bibb lettuce
- Mixed greens

Vegetables

- Carrots
- Mushrooms
- Onions
- Broccoli
- Cauliflower
- Celery
- Asparagus
- Green Pepper
- Tomato
- Frozen Green Peas
- Snow Peas
- Summer Squash

Other

- Grapes
- Dried cranberries
- Mandarin oranges
- Pineapple chunks
- Raisins
- Almonds
- Grapefruit slices

1. Choose a leafy green or two from the greens list (1 cup per serving).
2. Choose one to three other vegetables (1/4 cup per serving).
3. Choose one other item for added interest (optional).
4. Choose a dressing.
5. Combine the salad greens and other vegetables in a large mixing bowl.
6. Add a small amount of dressing (1 – 2 teaspoons per serving). Toss well to coat all the vegetables with dressing.



Classic Salad Combinations

- Spinach, red onion, Mandarin oranges
- Arugula, cherry tomatoes, peas
- Mixed greens, mushrooms, carrots



Salad Dressings

3 tablespoons acid

- Lemon juice
- Rice vinegar
- Red wine vinegar
- Sherry vinegar
- Balsamic vinegar
- White wine vinegar
- Cider vinegar

½ cup (or less) oil

- Olive oil
- Safflower oil
- Canola oil
- Vegetable oil

- Salt and pepper to taste

½ - 1 tablespoon add in

- Herbs
- Spices
- Dijon mustard
- Finely-minced shallots
- Finely-minced garlic
- Parmesan cheese

1. Place all ingredients in a jar or plastic container with tight-fitting lid.
2. Shake well.

Classic Dressing Combinations

Lemon Vinaigrette

- 3 tablespoons lemon juice (fresh is best!)
- ½ cup (or less) olive oil
- ½ tablespoon dried oregano or 1 tablespoon finely minced fresh oregano
- Salt and pepper to taste

Balsamic Vinaigrette

- 3 tablespoons balsamic vinegar
- ½ cup (or less) olive oil
- ½ tablespoon Dijon mustard
- Salt and pepper to taste

Shallot Vinaigrette

- 3 tablespoons cider vinegar
- ½ cup (or less) olive oil
- 1 tablespoon finely minced shallots

Raspberry Vinaigrette

- 2 tablespoons red wine vinegar
- 1/3 cup olive oil
- 2 tablespoons red raspberry jam with seeds
- Salt and pepper to taste

Oil Free Dressing

- ¼ cup orange juice
- 2 tablespoons balsamic vinegar
- 1 tablespoon Dijon mustard
- 2 teaspoons honey



Developed by: Jean A. Ince
County Extension Agent-
Staff Chair
HOWARD COUNTY

Super Summer Salad Recipes

Zippy Zucchini Salad

- 1 medium zucchini (about 8 inches long)
- 1 green onion
- 1 small green bell pepper
- 1 tomato
- 2 tablespoons sugar
- 1 tablespoon olive oil
- ¼ cup vinegar (cider, red wine, rice, etc.)

Wash, peel and chop the zucchini. Wash and chop green onion, bell pepper, and tomato. Combine all ingredients in a bowl.

To make the dressing, combine sugar, oil, and vinegar in a jar. Put the lid on and shake well. Pour dressing over the vegetables and toss gently. Cover and chill for at least 1 hour before serving.

Yield: 4 servings (1/2 cup each)

Greek Salad

- ¾ pound tomatoes, seeded, diced (2 cups)
- 2 cups diced, seeded, peeled cucumber (about 1 large)
- 1 cup diced red bell pepper
- ¼ cup pitted Kalamata olives, halved
- ¼ cup diced red onion
- 3 tablespoons chopped fresh Italian parsley
- 3 tablespoons extra-virgin olive oil
- 2 ½ tablespoons red wine vinegar
- ½ teaspoon dried oregano
- ¼ cup crumbled feta cheese (2 ounces)

Toss first 9 ingredients together in a medium bowl to blend. Gently mix in cheese. Season with salt and pepper.

Yield: 8 servings (1/2 cup each)

Nutrition Information per Serving: 85 calories, 2 g protein, 5 g carbohydrate, 7 g fat, 96 mg sodium

Fiesta Corn Salad

- 1 can whole kernel corn, drained
- 1 avocado, diced
- 1 cup celery, diced
- 1 cup green bell pepper, diced
- 1 cup tomatoes, diced
- 1 can mandarin oranges, drained
- 1 can black beans, drained and rinsed
- Italian salad dressing

Toss all ingredients together in a medium bowl. Drizzle salad dressing over ingredients making sure everything is coated. Refrigerate until ready to serve.

Yield: 8 servings (1/2 cup each)

Nutrition Information per Serving: 80 calories, 2 g protein, 12 g carbohydrate, 2 g fat, 2 mg cholesterol, 347 mg sodium

Cucumber Salad

- 3 large cucumbers, thinly sliced
- 1 large green bell pepper, thinly sliced
- 1 cup thinly sliced onions
- 1 tablespoon celery seeds
- 1 tablespoon salt
- ½ cup cider vinegar
- ¾ cup sugar

Combine cucumbers, bell pepper, onions, celery seeds and salt in a large bowl. Cover with plastic wrap and let stand 1 hour at room temperature. Drain cucumber mixture in a colander, shaking off excess liquid.

Add vinegar and sugar, toss gently. Cover and refrigerate six hours to overnight.

Yield: 12 servings (1/2 cup each)

Rainbow Fruit Salad

For Salad:

- 1 large mango, peeled, diced
- 2 cups fresh blueberries
- 2 bananas, sliced
- 2 cups fresh strawberries, halved
- 2 cups seedless grapes
- 2 nectarines, peeled, sliced
- 1 kiwi fruit, peeled, sliced



For Honey-Orange Sauce:

- 1/3 cup unsweetened orange juice
- 2 tablespoons lemon juice
- 1 1/2 tablespoons honey
- 1/4 teaspoon ground ginger
- Dash nutmeg

Prepare the fruit. Combine all ingredients for sauce in a small bowl, mix well. Just before serving, pour honey-orange sauce over fruit.

Yield: 12 servings

Nutrition Information per Serving: 96 calories, 1 g protein, 1 g fat, 24 g carbohydrates, 3 g fiber, 4 mg sodium

Dill Potato Salad

- 2 pounds potatoes
- 1/2 cup reduced fat mayonnaise
- 2 eggs, hard-cooked, peeled and diced
- 1/4 cup reduced-fat sour cream
- 2 ribs celery, diced
- 1 tablespoon balsamic vinegar
- 1 medium red onion, diced
- 1 teaspoon Dijon mustard
- 1 dill pickle, diced
- 1 tablespoon dried dill



Cover potatoes with water in a large saucepan and boil for about 10 to 12 minutes, until just tender. Pour off water and peel. Cut potatoes into cubes and place in large bowl.

Combine potatoes with eggs, celery, red onion, and dill pickle.

In another bowl, combine sour cream, mayonnaise, vinegar, dill, and Dijon mustard. Add to the potatoes and stir gently to combine.

Yield: 6 servings

Nutrition Information per Serving: 220 calories, 6 g protein, 9 g fat, 28 g carbohydrates, 3 g fiber, 320 mg sodium