

Salads and Outings

- ◆ Always use an insulated cooler with a cold source (block ice, frozen gel pack, frozen water or juice in plastic or paper containers). Add a new cold source as needed.
- ◆ Use a separate cooler for food and beverages.
- ◆ Place the cooler in the passenger area of the car.
- ◆ If outside, store the cooler in the shade, cover with a blanket and keep closed as much as possible.
- ◆ In hot weather (85° and above,) food should never be set out for more than one hour.
- ◆ Salads made with store-bought mayonnaise are safe when kept cold.

Try this easy, low cost recipe for salad dressing:

Sweet Red Russian Dressing

Makes 1 cup (serving size 2 Tablespoons)
Per serving: 50 calories

- 1 cup catsup
- 1/4 cup vinegar
- 1/2 teaspoon pepper
- 1 teaspoon garlic powder
- 2 Tablespoons brown sugar
- 1 teaspoon vegetable oil (optional)



Combine all ingredients in a jar with lid and shake well. Refrigerate.

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Cool Your Summer with SALADS



Serving one or more chilled dishes at each meal will please the diners and help keep the house cool. Salads add color, new flavor combinations, a variety of textures, and sparkle to what could be a "ho-hum" meal.

UW
Extension

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Family Living Programs • Cooperative Extension • University of Wisconsin-Extension

WNEP education is supported by the USDA Food Stamp Program, UW-Extension, and local partners. Food Stamps can help provide a healthy diet. To find out more about food stamps, call 715-232-7360.

Salads Save Money

- ◆ Helps to stretch the food dollar by:
 - using fruits and vegetables in season
 - using leftovers from the meat group
 - incorporating pasta or rice.

Salads Can Be Part of a Healthy Diet

Use the food guide pyramid to build a healthy diet.



- ◆ Ingredients for salads can include foods from all of the food groups.
- ◆ Salads can provide high quality protein, fiber, minerals and vitamins needed for good health depending upon ingredients chosen.
- ◆ If the amount of dressing or topping is controlled, salad can be a low fat food.

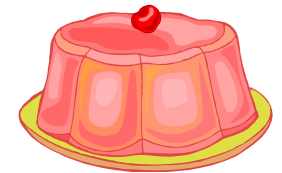
Salads are Versatile

- ◆ Prepare salads, which can be made easily at the last minute, by doing some preparation in advance. Rinse fresh foods, cut or break into bite-sized pieces, and chill.



- ◆ Prepare ahead those salads that need time to blend flavors or set. This includes macaroni, main dish, marinated vegetable, and gelatin salads.

- ◆ Take advantage of leftovers of meat, rice or cooked vegetables from the previous day. Combine with new garden produce or cheese to make a new dish.
- ◆ Salads can be easy to serve. Last minute details of putting together, garnishing or unmolding a salad can be accomplished quickly -- especially if those pre-preparation duties were accomplished.
- ◆ Salads can be any part of the meal -- a light appetizer, a side dish, main dish, dessert or snack.
- ◆ Add spices, herbs, grated carrots, shredded cheese or homemade croutons to add flavor.



- ◆ In a hurry? Use your favorite canned fruits, vegetables, fish or chicken as a substitute in recipes. Serve over greens. Add toast and milk to the menu for a quick meal.

Menu Idea

Turkey Sandwich
Sunshine Slaw
Fruit Salad
Lowfat Milk

Sunshine Slaw

(8 servings, about ½ cup each)
*Per serving: 57 calories,
3 grams of fat*

1 pound or small head cabbage,
shredded (about 4 cups)
3 medium carrots, shredded
¼ cup mayonnaise-type salad
dressing
2 Tablespoons vinegar or
leftover pickle juice
1 teaspoon onion, grated
1 Tablespoon sugar
½ teaspoon salt

Mix cabbage and carrots
together. Cover and chill. Mix
rest of ingredients together.
Pour over cabbage and carrots
and mix. Chill well in
refrigerator.

Menu Idea

Hamburgers on Buns
Best-of-the-Season Fruit
Salad
Green Beans

**Best-of-the-Season
Fruit Salad**

(6 servings, about ½ cup each)
*Per serving: 92 calories,
very little fat*

1 can (16 oz.) fruit cocktail
canned in light syrup or fruit
juice
1 banana
2 medium fruits or 1½ cups
small fruits; pick your favorite
fruit in season

Drain fruit cocktail. Slice
banana and stir into fruit
cocktail. Wash fresh fruit. Peel
if necessary. Cut into bite-size
pieces. Stir the fresh fruit into
the fruit cocktail.

Menu Idea

Chicken-Fruit Salad
Whole Wheat Bread
Raw Vegetables with
Yogurt Dip
Milk

Chicken-Fruit Salad

(4 servings, about ½ cup each)
*Per serving: 255 calories,
8 grams of fat*

3 cups chicken or turkey,
cooked, cut in chunky pieces
¾ cup celery, chopped
¾ cup grapes, red, halved,
seeded
20-oz. can pineapple chunks in
natural juice, drained
11-oz. can Mandarin oranges,
drained
¼ cup pecans, chopped
(optional)
¼ cup cooked salad dressing or
mayonnaise-type salad
dressing
1/8 teaspoon salt
Lettuce leaves, as desired

Toss chicken, celery, grapes,
pineapple, oranges and 3
Tablespoons of the pecans
together lightly. Gently mix
salad dressing and salt with
chicken mixture. Chill. Serve
on lettuce leaves. Garnish with
remaining pecans.

**Menu Idea**

Taco Salad
Bread Sticks
Pear Half
Lowfat Milk

Taco Salad
(4-6 servings)

1 pound ground beef
1 Tablespoon chili powder
½ teaspoon garlic salt
1/8 teaspoon pepper
½ cup water
1 medium head lettuce, torn in
bite-size pieces (4 cups)
1 large tomato, cut in wedges
1 small onion, thinly sliced and
separated in rings
¼ cup chopped green pepper
4 oz. sharp natural Cheddar
cheese shredded (1 cup)
1 6-oz. package tortilla or corn
chips

Brown beef in skillet. Sprinkle
seasonings over meat; stir in
water. Simmer, uncovered, for
10 minutes. In salad bowl,
combine lettuce, tomato, onion,
green pepper and cheese; toss
well. Place lettuce mixture on
individual salad plates. Spoon
on meat; top with corn chips.

Serve with Sweet Russian
Dressing (recipe on back
page,) French dressing or taco
sauce.

**In-Season Fruits****Spring**

Strawberries
Oranges
Grapefruit
Bananas
Apples

Summer

Cherries
Peaches
Nectarines
Plums
Melons
Strawberries

Fall

Apples
Pears
Grapes
Melons
Bananas

Winter

Oranges
Grapefruit
Apples
Bananas
Grapes
Tangerines

Menu Idea

Ham Sandwich
 Potato Salad
 Fruit Cup
 Lowfat Milk

Potato Salad

Makes 6 servings
(240 calories and 17 grams fat per serving)

4 medium-size potatoes
 ½ cup mayonnaise or salad dressing
 ½ teaspoon prepared mustard
 1 to 2 Tablespoons finely chopped scallions or onions
 1 teaspoon salt
 2 Tablespoons chopped green pepper
 ½ cup finely cut celery
 2 hard-cooked eggs, chopped

Cook potatoes whole in the skins. Drain, peel and dice. Combine mayonnaise or thick salad dressing and blend in prepared mustard. Pour dressing over cooled potatoes. Add scallions or onion and salt and mix carefully. Mix in the rest of the ingredients. Chill for 3 or 4 hours before serving

Menu Idea

Grilled Cheese Sandwich
 Broccoli Bacon-Raisin Salad
 Carrot Sticks
 Lowfat Milk

Dressing:

¾ cup mayonnaise
 ½ cup sugar
 2 Tablespoons vinegar

Combine dressing ingredients. Pour over salad. Stir and chill.

Fruit Cup

6 servings, about 2/3 cup each
Calories per serving: About 95.

3 Tablespoons frozen lemonade concentrate
 1 medium apple, cored, diced
 1 medium orange, peeled, sectioned & diced
 1 medium peach, pitted, diced
 1 medium banana, peeled, sliced
 ½ cup seedless grapes, halved
 ½ cup blueberries

Place lemonade concentrate in a large bowl and mix lightly with fruits as they are prepared. Chill.

Note: Skins of apple and peach may be removed, if desired.

Broccoli Bacon-Raisin Salad

Makes 9 servings, about 2/3 cup each
(280 calories and 16 grams fat per serving)

1 bunch fresh broccoli, broken
 ½ cup chopped celery
 1/3 lb. bacon, fried crisp, drained and crumbled
 ½ cup hulled sunflower seeds
 ½ cup raisins

Combine salad ingredients in a large bowl and set aside.

Menu Idea

Oriental Chicken Salad
 Garlic Cheese French Bread
 Peach Half
 Lowfat Milk

Oriental Chicken Salad

Makes 4 servings
(596 calories and 37 grams fat per serving)

2 chicken breasts, cooked and shredded (grilled is best)
 1 head lettuce
 1 small pack slivered almonds (113 grams)
 3 Tablespoons sesame seeds
 2 bunches finely chopped green onion
 1 pkg. Chinese noodles, crumbled in small pieces

Lightly toast sesame seeds and nuts.

Dressing:

¼ cup vinegar
 ¼ cup sugar
 ¼ cup oil
 1 teaspoon salt
 ½ teaspoon pepper

Combine ingredients just before serving.

**Menu Idea**

Barbecued Chicken
 Marinated Vegetables
 Applesauce
 Roll
 Lowfat Milk

Marinated Vegetables

Makes 7 cups
Calories per ½ cup: About 75.

1/3 cup salad oil
 1/3 cup cider vinegar
 2 Tablespoons green pepper, finely chopped
 1 Tablespoon parsley, chopped
 1 teaspoon salt
 ¼ teaspoon paprika
 1/8 teaspoon pepper
 3 cups (1 small head) cauliflower, broken into florets, cooked tender-crisp
 15-oz. can garbanzo beans, heated, drained
 2 cups cucumber, unpared, sliced
 1 cup carrots, cut in thin strips

Place oil, vinegar, green pepper, parsley, salt and spices in a large bowl. Mix well. Add vegetables. Mix gently. Cover.

Marinate for several hours or overnight in the refrigerator. Mix occasionally.

For optimum eating quality, use within a few days.