



Eat Your Greens!

Although most of us know the minimum servings of fruits and vegetables we should consume a day is five, only about 28 percent of adults actually meet this goal. Salads are a great way to meet your 5-A-Day goal. Below you will find helpful tips to create a powerhouse of nutrients in your salad bowl.

In general, the darker the leaf lettuce you choose the healthier your salad will be! Replacing iceberg lettuce with a brighter green such as spinach, romaine lettuce, watercress, or arugula will add nutrient value to your salad. Try substituting these greens on your sandwiches as well.

Cooking can have a big effect on the nutrient value of greens. Lightly steaming greens such as broccoli, kale, asparagus, and spinach will allow nutrients to be released, increasing the amount of nutrients the greens provide for you. Be careful not to overcook greens since this causes many valuable nutrients to be lost in the water. This also makes the greens lose some of their taste and eye appeal.

Make sure your salad does not become a high-fat dish by drenching the nutritious leaves in a pool of high-fat toppings such as bacon and dressing. Stick to the serving size of 2 tablespoons of dressing to keep the fat and calorie content down.

Strawberry-Spinach Salad

INGREDIENTS:

- ½ cup white sugar
- 2 tablespoons sesame seeds
- ½ teaspoon sesame oil
- 1 tablespoon poppy seeds
- 1 ½ teaspoons dried minced onion
- ¼ teaspoon paprika
- ½ cup vegetable oil
- ½ cup balsamic vinegar
- 2 bunches fresh spinach-chopped, washed and dried
- 1 pint strawberries, halved



DIRECTIONS:

- 1) Whisk together the sugar, sesame seeds, sesame oil, poppy seeds, dried onion, paprika, oil and vinegar. Refrigerate until chilled.
- 2) In a salad bowl, combine the spinach and strawberries. Drizzle the chilled dressing over the spinach and strawberry mixture and toss well.

