

Health Tip of the Month

Super Salad Swaps

When you're trying to eat healthy salad is a great option. Salads are a good source of fiber, vitamins, minerals, and antioxidants. Here are some tips to keep your salads packed with nutrients without packing on the calories!



- Switch out iceberg lettuce for spinach, kale, or arugula. Better yet, mix it up!
- Get a rainbow of colors by adding green, red, yellow, orange, purple and white vegetables to your salad.
- Bacon bits, deli meats and croutons can quickly add too much fat and sodium. Try unsalted nuts and low fat cheese instead.
- Lean protein for your salad can be chicken breast, chickpeas, hard-boiled eggs, tuna, or salmon.

- Swap out creamy and store bought salad dressings for a little olive oil or make your own dressing.

Try this easy balsamic vinaigrette recipe!

Ingredients

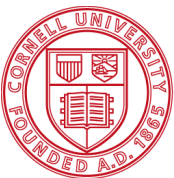
- ½ cup balsamic vinegar
- ½ cup olive oil
- Optional add-ins
 - 1 teaspoon minced garlic
 - ½ teaspoon pepper
 - 1 tablespoon honey
 - ½ teaspoon dried herbs



Directions:

Add all ingredients to a small jar or bottle and shake it up. Toss with your salad and enjoy!

Try this balsamic vinaigrette with mixed greens, tomatoes, and bell peppers. If you're feeling adventurous, add some nectarines or strawberries too! You can also add this dressing to roasted vegetables like brussels sprouts or carrots.



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