

Create Your Own Main Dish Salad

Makes 4 servings | Grains • Protein • Vegetables • Dairy

Ingredients

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| Base | <ul style="list-style-type: none">• 4 - 5 cups lettuce or salad greens (arugula, romaine, spinach, spring greens)• 3 cups cooked whole-wheat pasta• 3 cups cooked brown rice, bulgur, couscous, or quinoa• 4 cups cooked potatoes in chunks, regular or sweet• 3 cups whole-grain bread, toasted and torn into bite-sized pieces |
| Protein | <ul style="list-style-type: none">• 2 cups cooked or canned beans (pinto, black, chickpeas, lentils)• 1½ pound cooked ground meat (beef, turkey, game)• 1½ cup cooked meat, diced• 1 - 2 cans (6-8 ounces) fish or chicken• 1 pound extra firm tofu, marinated and cooked• 2 cups hard-boiled eggs, chopped |
| Fruits or Vegetables | <ul style="list-style-type: none">• 2 cups fresh, frozen, or canned vegetables• 1 cup apple pieces, orange segments, raisins, or dried cranberries |
| Dressing | <ul style="list-style-type: none">• Fat-free or low-fat dressing |
| Flavor | <ul style="list-style-type: none">• ½ - 1 cup onion, celery, and/or green pepper, diced• ½ cup salsa• 2 - 4 Tablespoons fresh herbs, or 1 - 2 teaspoons dried herb |
| Topping | <ul style="list-style-type: none">• ¼ cup nuts, slivered or chopped• 2 Tablespoons grated Parmesan cheese• ¼ cup shredded low-fat cheddar or mozzarella cheese• 2 Tablespoons dried fruit• Grated orange or lemon rind |

Directions on the back →

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Choose at least one ingredient from each row in the table on the first page.
3. Combine in a large bowl.
4. Divide between four smaller bowls and serve.
5. Store leftovers in the refrigerator.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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