



## Nutrition Facts

# Hearty Salads



**Salads make a great start to your meals. However, you can serve salad as the main dish. Salads can be healthy, easy to make, and will satisfy your appetite. Here are some tips for creating your own hearty salads.**

### ***Tips for Creating Hearty Salads***

- ◆ Add a variety of fresh vegetables to fresh lettuce greens. Use fresh produce that is in season.
- ◆ Be creative by adding fruits to your salads such as mandarin oranges, grapes, strawberries or dried fruit (raisins, cherries, cranberries).
- ◆ Toss salads with low-fat or fat-free dressings. Add seasonings and herbs to your salad such as mint or basil.
- ◆ To add protein to your salad, top with beans, chicken, hard boiled eggs, slices of meat, tofu, tuna, shrimp or chicken.
- ◆ Top salads with cooked pasta or other noodles.
- ◆ Sprinkle salads with low-fat shredded cheese.

### ***Ranch Bean Salad*** **(Makes 4 servings)**

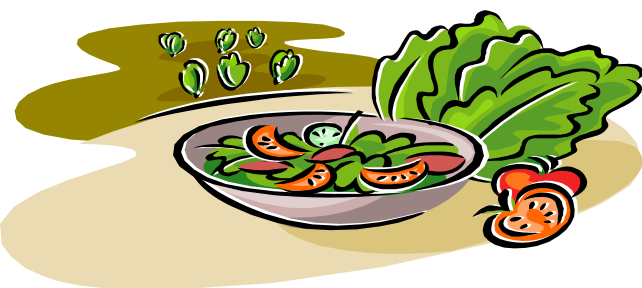
#### **Ingredients:**

- ◆ ¼ cup red wine vinegar
- ◆ 2 tbsp olive oil
- ◆ ½ tsp salt
- ◆ ¾ tsp black pepper
- ◆ 1 large head romaine lettuce, chopped
- ◆ ½ cup diced cucumber
- ◆ ½ cup diced red bell pepper
- ◆ ¼ cup diced yellow bell pepper
- ◆ ¼ cup diced carrots
- ◆ ¼ cup diced red onion
- ◆ ¼ cup diced black pitted olives
- ◆ ¾ tsp chopped fresh oregano
- ◆ 2 tsp chopped fresh basil
- ◆ ¾ cup diced tomato
- ◆ 1 cup cooked white beans (rinsed and drained)
- ◆ 1 cup cooked garbanzo beans (rinsed and drained)
- ◆ ½ cup chopped hearts of palm

In a small bowl, mix vinegar, oil, salt, and pepper. Beat well. In a large bowl, combine remaining ingredients. Add salad dressing and toss lightly. Divide equally among 4 bowls.

#### **Nutrition information per serving:**

Calories 300, Fat 10g, Saturated fat 1g, Carbohydrates 42g, Fiber 12g



Ask the Dietitian  
County of Los Angeles, Public Health  
Nutrition Program

[www.lapublichealth.org/nutrition](http://www.lapublichealth.org/nutrition)