

NUTRIGRAM

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Super Salads

You've probably heard that vegetables are good for you and that you should be eating more of them—but how do you find more that you like? Salad can be a fun and delicious way to get more veggies. The best part about salads is that you can make them so many different ways that you're sure to find one (or more) that you really like. Spring is a good time to start trying different salads because this is the time when a lot of the ingredients that you put into salads start to come into season. Try these tips and recipe to help find your favorite Super Salad:

SUPER SALAD TIPS:

- ▶ Keep it colorful! Choose veggies of all different colors for your salad.
- ▶ Try something new! Add at least one new item to your salad each time. You might be surprised to find a new favorite.
- ▶ Go beyond veggies! Other healthy favorites make great additions to salads like fruit, nuts, seeds, beans and whole grains.
- ▶ Shake your salad! Make your salad in a container with a lid. Add a small amount of dressing and shake it up. You will get the flavor of the dressing on all parts of your salad without having to pile it on.

SUPER SALAD RECIPE: BERRY SLAW

The longer this slaw chills, the juicier and more condensed it becomes.

- 6 cups thinly sliced green cabbage
- 1 1/2 cups sliced strawberries
- 1/2 cup dried cranberries
- 1/4 cup raspberry-flavored vinegar
- 1/4 cup cranberry juice cocktail
- 1/2 teaspoon salt
- 1/2 teaspoon white pepper

Combine all ingredients in a medium bowl; stir well. Cover and chill 8 hours, stirring occasionally. Makes 4 servings.

Source: cookinglight.com



BALANCED CHOICES®
for a healthy lifestyle

Monthly SUPERFOODS Promotion

WHOLE GRAINS
3 IS KEY...

oats, bulgur wheat, quinoa, teff, barley, amaranth, farro, spelt, wheatberries, kasha, kamut—so many choices to make getting 3 whole grain servings a day simple.

Whole grains, which contain the entire grain seed, are packed with **PHYTONUTRIENTS, ANTIOXIDANTS and FIBER.** 3 or more servings a day may help reduce your risk of heart disease, certain cancers, type II diabetes and may help with weight maintenance.

PHYTONUTRIENTS **ANTIOXIDANTS** **FIBER** **SUPERFOODS**

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