

FOR IMMEDIATE RELEASE

For more information,
contact: Katherine Pinto
EFNEP and SNAP-Ed Agent, Wildcat Extension District
kd Pinto@ksu.edu, 620-232-1930

Create a Salad

Are you needing a fast, healthy, and easy meal? As the holidays creep closer and closer each day, our days become busier and more filled with all the sweets the holidays have to offer. This season also offers a lot of fall flavors that pair nicely together tossed in a salad!

Let's create a salad in just 7 easy steps:

- 1. Choose your base.** Your base can be lettuce, salad greens, whole wheat pasta or noodles, brown rice, potatoes or whole grains.
- 2. Choose one protein.** What protein sources do you have left over from other gatherings? Do you have an overwhelming amount of turkey or ham left over? Other protein sources could be cooked beans, tofu, ground beef, chicken, fish, pork, hard boiled eggs, and canned meats and fish.
- 3. Add in Vegetables.** For fresh or steamed vegetables, aim to incorporate 2 cups worth. For canned vegetables, 1 (15 oz.) can will get the job done. Try using some seasonal vegetables! Some fall salad favorites of mine are roasted butternut squash and brussels sprouts!
- 4. Choose one or more fruits.** This step is optional. Some fruits that pair nicely with fall salads could be apples, raisins, and dried cranberries.
- 5. Choose one or more flavors.** This is the step that you get to add in whatever spices and herbs that sound good to you. Some flavors that you might consider are salt, pepper, oregano, basil, cumin, thyme, rosemary and sage.
- 6. Choose one dressing.** This step is optional. If desired and/or as necessary, use a fat-free or low-fat dressing to help hold the salad ingredients together, add flavor, and keep salad from being too dry.
- 7. Choose one or more toppings.** This step is optional. If you want to just add a little extra touch to your salad, feel free to add toppings! Some toppings to consider are slivered almonds, chopped walnuts or pecans, grated parmesan, cheddar or mozzarella cheese.

After you have selected your foods from each category, combine all the ingredients except the dressing and toppings in a large mixing bowl. Either dress the salad before serving or allow for others to add dressing and toppings as they desire!

For more information, please contact, Katherine Pinto, EFNEP and SNAP-Ed Agent, kdpinto@ksu.edu or 620-232-1930.

###

K - State Research and Extension is an equal opportunity provider and employer