

FOR IMMEDIATE RELEASE

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Create a Salad

Spring is here and Summer is on the way! With the warmer weather slowly making its way to Kansas, one of my favorite easy meals is a salad!

If you are wanting to keep the cost down and get great flavor, you can shop for seasonal produce to toss in your salads!

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 spring and summer salad favorites of mine are all the summer squash and tomatoes!
- 4. Choose one or more fruits.** This step is optional. Some fruits that pair nicely with spring and summer salads could be strawberries, blueberries, or oranges.
- 5. Choose one or more flavors.** This is the step where you get to add in whatever spices and herbs that sounds 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 the salad from being too dry.
- 7. Choose one or more toppings.** This step is optional. If you want to 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 others to add dressing and toppings as they desire!

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