

## Insider Look

### Supreme Greens!

- Dark, leafy greens are low in carbohydrates but high in water and fiber.
- They are good sources of vitamins A, C, K and folate.
- They are also good sources of minerals such as iron and calcium.
- When eating greens as a salad, practice adding color and variety, especially from protein sources (chicken, shrimp or ham slices can be good options.)
- Eating salad can be a time to eat good fats, or unsaturated fats, by making your own dressing with olive oil, pepper and lemon.
- TIP: Dip your fork in the dressing before putting lettuce on the fork to avoid unnecessary calories.

**Dark, leafy greens are low in carbohydrates but high in water and fiber.**

## Tips

### Going Green

#### Choosing:

- Choose greens with fresh, crisp leaves. Avoid any that are wilted or slimy.

#### Storing:

- Keep the greens whole, unless you are using them in the next day or two.
- Chop the lettuce to your desired size, give it a good rinse, and then run it through a salad spinner or pat with paper towels—this part is important, because moisture is the enemy of crisp lettuce.
- Put your dry lettuce into a big bowl. Drape a paper towel or two over the top so moisture doesn't settle on the leaves.
- Cover the whole thing with a really tight seal of plastic wrap and store in the fridge.

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# Salad



Children's Mercy

## Rockin' Ranch Dressing

Yield: 8 servings  
Serving size: 2 tbsp

### Ingredients:

- 1 Cup plain, nonfat Greek yogurt
- 1 Tbsp ranch seasoning
- Skim Milk (optional)

### Instructions:

1. Mix 1 Tbsp of ranch seasoning with yogurt.
2. Add skim milk, if needed, to create the consistency you like!

Nutrition Facts	
Serving Size (33g)	
Servings Per Container	
Amount Per Serving	
Calories 20	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Need ideas to make your own salad?

### Vegetable Salad Basics:

- Start with a base of 1-2 cups of leafy greens. (Ex: romaine, spinach, iceberg, kale)
- Pick 2-3 fruits or veggies and cut or slice to preferred size. (Ex: strawberry or cucumber slices, chopped carrots or broccoli, blueberries, etc.)
- Add a protein. (Ex: shredded chicken, steak, hard boiled eggs, canned, drained beans, etc.)
- Optional: Put ingredients in a bowl and toss gently with dressing; try to limit it to 1-2 Tbsp of your favorite dressing, like the one listed above. Other examples are light dressings and oil and vinegar.

## Create your own Super Fruit Salad!

### Ingredients:

- 4 - 5 of your favorite fruits
- Optional: Nonfat fruit flavored yogurt

**MAKE IT FUN:** Use mini cookie cutters to create shapes from the fruit!

**REMEMBER** to use a variety of colors and shapes!

### Instructions:

1. Wash all fruit.
2. Chop or cut as needed.
3. Add to large bowl.
4. Gently stir until all the fruit is mixed together.
5. Serve immediately or store in refrigerator.
6. Optional: Serve with nonfat fruit flavored yogurt.



## Instructions

Use your imagination to create a picture out of the shapes in each of the squares!

