



Extension Nutrition Program

FSNE/EFNEP

Super Salads for Summer

It's summertime! It's hot outside and inside! No one feels like cooking in a hot kitchen. Here are some delicious salad recipes you can make early in the day, serve for dinner, or take on picnics.

Salads taken to picnics should be kept cold in a cooler or refrigerator until ready to serve.

Pasta Chicken Salad

Yield: 6 servings • Serving: 1 cup

3 cups cooked pasta
 1½ cups cooked, chopped chicken
 or other meat
 ½ cup chopped onion
 1 cup diced celery
 1 cup frozen peas or fresh broccoli
 florets
 ¾ cup lowfat salad dressing

1. In a large bowl, mix together the pasta, meat and vegetables.
2. Add dressing and mix to coat all ingredients.
3. Chill before serving.

Note: Frozen peas will thaw while the salad is chilling.

PER SERVING: CALORIES 261 • FAT 11 G • PROTEIN 15 G • CARBOHYDRATE 25 G • FIBER 2 G • GOOD SOURCE OF PROTEIN AND NIACIN



Chef's Salad

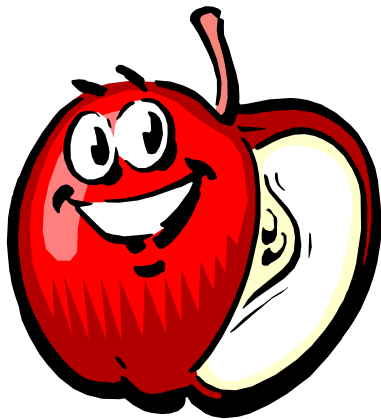
Yield: 4 servings (½ head of leaves makes 4 servings of salad for a side dish with other foods; 1 head makes 4 main dish salads)

½ to 1 head of lettuce (iceberg, romaine, green or red leaf, spinach)
 1 cup other vegetable
 8 ounces cooked meat cut into strips (ham, turkey, etc.)
 4 hard boiled eggs
 1 cup (4 ounces) cheese, sliced in strips or cubed
 1 large or 2 small tomatoes, chopped



1. Wash and drain lettuce and vegetables.
2. Tear lettuce into small pieces. Cut vegetables into bite-size pieces.
3. Place lettuce and vegetables on four plates.
4. Top each plate with ¼ of the meat, eggs, cheese, and tomatoes.

PER SERVING: CALORIES 273 • FAT 16 G • PROTEIN 26 G • CARBOHYDRATE 7 G • FIBER 2 G • GOOD SOURCE OF PROTEIN, VITAMIN A, VITAMIN C, FOLATE AND PHOSPHORUS



Apple Salad

Yield: 6 servings •
Serving: ½ cup

2 large washed, cored and unpeeled apples, chopped
1 cup celery, chopped
½ cup walnuts (optional)
½ cup raisins (optional)
¼ cup mayonnaise **or** salad dressing

1. Place the chopped apples, celery, walnuts and raisins in a bowl.
2. Stir in the dressing until everything is well coated. Serve.

PER SERVING: CALORIES 163 • FAT 10 G •
PROTEIN 3 G • CARBOHYDRATE 20 G • FIBER 3 G

Basic Potato Salad

Yield: 6 servings •
Serving: ½ cup

3 cups cubed, cooked potatoes
3 hard cooked eggs, chopped
1 celery stalk, chopped
¼ cup chopped green bell pepper (optional)
¼ cup chopped onion (optional)
¾ cup light mayonnaise **or** salad dressing
1 Tablespoon prepared **or** ½ teaspoon dry mustard
Salt and pepper to taste

1. In a large bowl combine potatoes, eggs, celery, and chopped green bell pepper.
2. In a small bowl, combine mayonnaise and mustard. Stir together. Add salt and pepper.
3. Pour mayonnaise and mustard into potato mixture. Toss lightly. Chill.

PER SERVING: CALORIES 199 • FAT 12 G •
PROTEIN 5 G • CARBOHYDRATE 19 G • FIBER 2 G

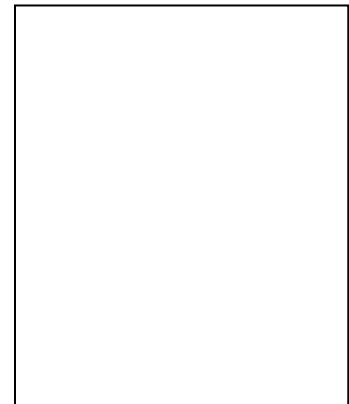
Coleslaw

Yield: 4 servings •
Serving: ½ cup

2 cups shredded cabbage
½ carrot, shredded
¼ cup mayonnaise **or** salad dressing
Salt and pepper to taste
1 Tablespoon orange juice

1. Combine cabbage and carrot in a bowl.
2. Combine remaining ingredients. Add to vegetables, mixing well. Refrigerate.

PER SERVING: CALORIES 61 • FAT 5 G •
PROTEIN 1 G • CARBOHYDRATE 5 G • FIBER 1 G • GOOD SOURCE OF VITAMIN A AND VITAMIN C



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* FSNE is brought to you by Food and Nutrition Service, Montana Department of Public Health and Human Services, and MSU Extension Service.