

Spring Salads

Children should have access to healthy food and be able to make healthy food choices wherever they are – at home, in school, and in the community. Improving the health of the nation’s children and reversing the childhood obesity epidemic is a shared responsibility and will take the commitment of parents, the foodservice industry, the media, and schools working together.

Benefits of serving more salads at home

- Lettuces and greens are very low in calories and sodium.
- Most greens are good sources of vitamin C, calcium, folacin, iron, and fiber.
- Eating lettuces and greens that are low in calories instead of other, higher-calorie foods is useful in helping to lower calorie intake.
- Eating a generous amount of fruits and vegetables daily, as part of a healthful diet, is likely to reduce risk of chronic disease.
- Selecting a variety of fruits and vegetables daily will help insure adequate nutrient intake.

Common Varieties of Lettuces and Greens

Serving a variety of greens and lettuces will make salads more interesting for your family. Make sure that greens and lettuces are washed and dried thoroughly.

Romaine

Sometimes called cos, romaine has medium-to-dark green, long, crisp leaves with firm white ribs almost to the tip of the leaf. Red romaine lettuce adds color to a salad and is more tender.



Loose-leaf Lettuce

Red and green loose-leaf lettuce varieties have loosely bunched curly leaves with crisp texture. Red loose-leaf lettuce is characterized by green leaves with red-tinged edges. Look for a full head, bright color and leaves that are fresh and crisp. Avoid any yellowed leaves.

Crisphead or Iceberg

Crisphead lettuce has tightly compacted heads, light green color, and a crisp texture and delicate flavor.

Butterhead

Also known as Boston or Bibb lettuce, butterhead lettuce is usually light green in color with delicate leaves and a mild flavor.

Spinach

This beautiful, dark-green vegetable is delicious raw or cooked. Spinach is high in vitamin A, vitamin C, iron, and folacin



HOME CONNECTION

A variety of tasty vegetables and fruits can be added to salads to add nutrients for improved health.

Try these on salads:

Asparagus

Beets

Broccoli

Butternut squash

Carrots

Corn

Grapes

Green beans

Green peas

Jicama

Kiwi

Orange segments

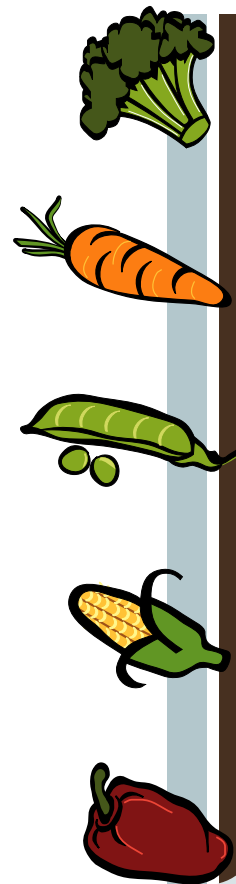
Pineapple

Red bell peppers

Strawberries

Sugar snap peas

Zucchini



Resources

U.S. Department of Agriculture, *Inside the pyramid*. Available at <http://www.mypyramid.gov/pyramid/index.html>

U.S. Department of Agriculture, *Dietary guidelines for Americans*, 2005. Available at <http://www.health.gov/dietaryguidelines/default.htm>

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Arugula Salad with Roasted Butternut Squash Yield: 4 servings

1 cup	Butternut squash
3 slices	Bacon
1 teaspoon	Dijon mustard
1 tablespoon	Red wine vinegar
2 tablespoons	Olive oil
8 cups	Arugula, washed
1/4 teaspoon	Salt
dash	Black pepper, freshly grated
3 tablespoons	Parmesan cheese, grated

- Place butternut squash (whole) in 400 °F oven until soft, about 45 minutes. Carefully remove and let cool. Cut in half and discard seeds. Scoop out squash and dice to desired size.
- Slice bacon into 1/4 inch pieces. Sauté on slow heat. Remove when crispy and place bacon on paper towel to drain and cool.
- In mixing bowl, combine mustard and red wine vinegar, slowly drizzle in olive oil while whisking. Add squash, bacon, arugula, salt, and pepper and gently mix. Transfer to serving dish and top with Parmesan cheese.

Source: Chef Tim Kilcoyne, The Sidecar Restaurant, Ventura, California

Nutrition Facts

Serving Size 1 serving	
Servings Per Container 4	
Amount Per Serving	
Calories 140	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 340mg	14%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 5g	
Vitamin A 130% • Vitamin C 25%	
Calcium 15% • Iron 6%	
*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 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts

Serving Size 1 serving	
Servings Per Container 4	
Amount Per Serving	
Calories 180	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 280mg	12%
Total Carbohydrate 21g	7%
Dietary Fiber 5g	20%
Sugars 15g	
Protein 6g	
Vitamin A 45% • Vitamin C 60%	
Calcium 10% • Iron 10%	
*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 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts

Serving Size 1 serving	
Servings Per Container 4	
Amount Per Serving	
Calories 120	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 9g	
Protein 3g	
Vitamin A 20% • Vitamin C 60%	
Calcium 4% • Iron 6%	
*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 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Roasted Beet Salad Yield: 4 servings

1 bunch	Small beets, tops removed and reserved for another use
1 1/2 tablespoons	Extra virgin olive oil, divided
1/4 teaspoon	Salt
dash	Black pepper, freshly grated
8 cups	Mixed greens, washed
4 each	Pixie tangerines or any other variety of tangerine
1/4 cup	Goat cheese

- Toss beets with 1/2 tablespoon oil, salt, and pepper. Place in a baking dish and cover with foil. Bake for about 45 minutes, depending on size. Remove and let cool completely.
- When beets are properly cooked, the skin should slide right off. Cut beets as desired and place in mixing bowl.
- Cut and segment tangerines into mixing bowl as well.
- Add baby greens, 1 tablespoon olive oil, salt, and pepper to taste. Gently toss together and place in serving bowl.
- Finish by crumbling goat cheese on top of salad.

Source: Chef Tim Kilcoyne, The Sidecar Restaurant, Ventura, California

Green and Gold Salad Yield: 4 servings

4 cups	Mixed greens, washed
2 each	Oranges, peeled, cut in half cartwheels
1/2 cup	Sugar snap peas or broccoli (or both)
1/4 cup	Sunflower seeds
1/3 cup	Asian salad dressing

- Combine all ingredients. Serve.

Source: Ventura Unified School District, Ventura, California

*These recipes have not been standardized for use in child nutrition programs.