

SUPER SALADS

Salads can help you meet your vegetable quota for the day. To turn a salad into a meal, start with a bed of greens and fiber-rich carbs (carrots, bell peppers, cucumbers, celery) and add some lean protein (cooked chicken, egg, tuna, black beans or low-fat cheese) and a small amount of heart healthy fat (nuts, seeds, avocado or olive oil dressing).

PITA PEPPER SALAD

Toss together 4 cups cubed whole-wheat pita bread, 2 cups chopped roasted red peppers (from water-packed jar), 1 cup chopped cucumber, 1/4 cup pitted and halved kalamata olives, 1/4 cup crumbled goat cheese and 1/4 cup fresh chopped basil. Add 2 teaspoons each balsamic vinegar and the liquid from the roasted red pepper jar and toss to combine. Serves 4. Nutrition Info per 1 1/2 cup serving: 241 calories, 6 g fat, 8 g protein.

TUNA-CAPER SALAD

Combine three 6-ounce cans white tuna in water (drained), 2 cups each chopped celery and tomatoes, 2 Tablespoons each capers (undrained) and chopped fresh parsley and 1 teaspoon Dijon mustard. Season to taste with salt and black pepper. Serves 4. Nutrition Info per 1 cup serving: 140 calories, 3 g fat, 21 g protein.

MAYO-FREE SHRIMP SALAD

Combine 2 cups cooked medium shrimp, 1 cup each halved cherry or grape tomatoes and chopped cucumber, 1/4 cup chopped green onions (green and white part), 1 tablespoon chopped fresh dill and 2 teaspoons each fresh lime juice and olive oil. Season to taste with salt and black pepper. Serves 4. Nutrition Info per 1 cup serving: 79 calories, 2 g fat, 11 g protein.

