



UNIVERSITY of CALIFORNIA

Agriculture & Natural Resources

COOPERATIVE EXTENSION • SAN JOAQUIN COUNTY

420 South Wilson Way, Stockton CA 95205-6299 Telephone: (209) 468-2085
Fax: (209) 462-5181 Web: <http://cesanjoaquin.ucdavis.edu>



NEWS RELEASE

By Martha L. López, Ed.D.
Nutrition, Family and Consumer Sciences Advisor
UCCE Madera County

THE WELL-DRESSED SALAD

When it comes to making a good salad, Gloria Stables, MS, RD, director of the National Cancer Institute's 5 A Day program that promotes eating a combined total of 5 or more fruits and vegetables daily, advises that we "Sample the spectrum. The more reds, oranges, greens, yellows, and blues on the plate, the more health-promoting properties you are getting from your fruit and vegetable sources."

Eating a colorful, nutrient-packed salad is a perfect way to serve up a plateful of healthy foods. Our choice of salad dressing, however, can make or break the taste AND the nutrition of a salad. Top a salad with a tasteless dressing and your salad goes to WASTE on the plate. Drench salads with a high-calorie dressing and they go to WAIST on YOU!

Tasty salads start off with dry greens. Dressing slides off damp salad greens and collects in the bottom of the salad bowl. You'll get more flavor with less dressing throughout your salad if salad greens are washed and thoroughly dried. If you're using bagged lettuce that's pre-washed and labeled "ready-to-eat," it should be dry enough as is. If you need to wash salad greens, the easiest way to dry them is in a salad spinner. Pack lightly to avoid overcrowding and bruising the greens. After spinning, pat off any remaining moisture with clean paper towels. If you don't have a spinner, dry greens thoroughly with clean paper towels.

Avoid adding more salad dressing than you need. In "How to Make Salad" (Boston Common Press, 1998), the test kitchen staff for "Cook's Illustrated" magazine advise a fourth cup of vinaigrette should be enough to dress 2 quarts (8 cups) of loosely packed salad, an amount they suggest for 4 servings. That means each serving of salad greens should have about one tablespoon of dressing on it. Try the following Sunshine Salad.

5 cups (packed) spinach leaves, washed and dried well
1/2 red onion, sliced thin
1/2 red pepper, sliced
1 whole cucumber, sliced (Peel the cucumber if the skin has a waxy coating)
2 oranges, peeled and chopped into bite-size pieces
1/3 cup of bottled "lite" vinaigrette dressing (around 15 calories per tablespoon or less)
Toss all ingredients together in a large bowl. Add dressing and toss again. Serve immediately.
This is an official 5 A Day recipe, and provides five people with two servings of fruits/vegetables each.

NUTRITIONAL ANALYSIS PER SERVING: Calories, 74; Fiber, 8 g;
Cholesterol, 0 mg; Sodium, 200 mg
PERCENT OF CALORIES FROM: Protein, 18%; Carbohydrates, 62%; fat, 20%

Sources:

FOOD REFLECTIONS E-mail Newsletter, University of Nebraska Cooperative Extension in Lancaster County
(lancaster.unl.edu/foodtalk.htm)

National Cancer Institute 5 A Day Program. For more recipe ideas, check their
Web site at: <http://www.5aday.gov>