Create a Salad

# Create a delicious salad from simple foods. Choose an item from each category and follow the directions. Use your imagination! Each salad serves 4 adults.

## Step 1: Choose 1 base from the following list:

1. Lettuce or salad greens such as: romaine, spring greens, arugula, or other greens.
2. Whole wheat pasta or noodles using: 2 cups pasta or 3 cups noodles and 6 cups of water. Heat water until it boils, then stir in pasta or noodles. Cook until the pasta or noodles are tender, for about 10 minutes. Drain the water off the pasta or noodles.
3. Brown rice using: 1 cups rice and 2 cups of water, combine rice and water. Bring rice and water to a boil. Turn the heat to low and cover the pan with a lid. Simmer until water is absorbed, which will take about 45 minutes.
4. Potatoes using: 3 cups of diced red, yellow, or gold potatoes and 6 cups of water. Heat the water until it boils then add in the potatoes. Cook the potatoes until they are tender. This will take about 10 minutes. Drain the water off of the potatoes.
5. Whole grains: using cooked wheat berries, quinoa, barley, dense whole grain bread torn into bite size pieces and toasted, or other.

## Step 2: Choose 1 protein from the following list:

1. 1 15-ounce can or 2 cups of cooked dried beans such as pinto, black, white, kidney, lentils or other beans.
2. ½ pound of cooked ground beef
3. 1 ½ cups cooked and diced chicken, turkey, ham, beef, fish, or pork
4. 2 cups chopped hard-boiled eggs
5. 1-2 6 to 8-ounce cans of beef, chicken, tuna, salmon, or other fish
6. 1 12 to 16-ounce package of extra firm tofu. Drain and season with soy sauce and fruit juice

## Step 3: Choose 1 or more vegetables from the following list:

1. Tomato
2. Cucumber
3. Broccoli
4. Carrots
5. Corn
6. Green beans
7. Peas
8. Squash
9. Or other vegetables on hand

Use the following measurements for how many vegetables to use:

* 2 cups of fresh vegetables
* 2 cups of frozen vegetables
* 1-2 15-ounce cans of vegetables, drained

## Step 4: Choose 1 or more fruits from the following list (optional):

1. Apple
2. Orange
3. Raisins
4. Dried cranberries
5. Other fruit of choice

## Step 5: Choose 1 or more flavors from the following list:

1. ½ to 1 cup of diced onion, celery, or green pepper
2. ¼ cup sliced black olives
3. ½ cup salsa
4. 2-4 tablespoons of fresh herbs. Or 1-2 teaspoons dried herbs such as oregano, basil, cumin, chili powder, thyme, rosemary, sage or other herbs
5. Salt and pepper to taste

## Step 6: Choose 1 dressing if desired and or as necessary:

* Use a fat-free or low-fat dressing option to help hold the salad ingredients together. The dressing will also add flavor and keep salad from being too dry.

## Step 7: Choose 1 or more toppings from the following list (optional):

1. ¼ cup slivered almonds
2. ¼ cup chopped walnuts or pecans
3. 2 tablespoons of grated parmesan cheese
4. ¼ cup of grated cheddar or mozzarella cheese

## Step 8: Make the salad using the following directions:

1. Select a food from each category or use your own favorites,
2. Combine all ingredients except for dressing and toppings in a large salad bowl.
3. Either dress salad with toppings before serving or add in separately.

# Recipes

### A pantry that has whole foods will help you create great tasting salads like these!

Taco Salad

* 1 onion, chopped
* 2 cups frozen corn
* 3 large tomatoes, diced
* 1 15-ounce can kidney or pinto beans, drained
* 1 cup cooked brown rice
* 1-2 teaspoons of chili powder
* 1 teaspoon dried oregano, divided
* ¼ cup fresh cilantro, chopped
* ½ cup salsa
* 1 head romaine lettuce, chopped
* Crumbled tortilla chips
* Shredded cheese
* Lime wedges
* Sour cream or Greek yogurt (optional)

Directions:

1. Heat a small amount of water or vegetable broth in a large nonstick skillet over medium heat.
2. Add in onion and corn. Cook in the heated skillet until the onion begins to brown, which should take about 5 minutes.
3. Remove from heat and add diced tomatoes, beans, rice, chili powder, and oregano.
4. Stir to combine. Mix cilantro into salsa.
5. Toss lettuce in a large bowl with the bean/rice mixture.
6. Serve sprinkled with tortilla chips and cheese, with lime wedges and salsa at the table.

Yield: 4 servings

Thai Noodle Salad

* 10 ounces of spaghetti noodles, cooked and cooled
* ¼ cup rice vinegar or red wine vinegar
* 3 tablespoons soy sauce
* 3 tablespoons lime juice
* 3 tablespoons sugar
* 1 teaspoon minced garlic
* ¼ teaspoon red chili flakes (optional)
* ¼ teaspoon sesame oil (optional)
* 1 15-ounce can chickpeas, drained, and rinsed
* ¾ cup shredded carrots
* 2 green onions, diced
* 1 cup bell pepper, diced
* 1 cup frozen peas, thawed
* ½ cup chopped peanuts
* ½ cup chopped cilantro

Directions:

1. Place the noodles in a large bowl.
2. In a small bowl, combine vinegar, soy sauce, lime juice, sugar, garlic, red chili flakes, and sesame oil. Stir to combine and dissolve sugar.
3. Pour the small bowl mixture over the large bowl of noodles.
4. Add chickpeas, carrots, green onions, bell pepper, and peas.
5. Stir to coat veggies with dressing.
6. Add peanuts and cilantro just before serving and toss to mix.

Yield: 4 servings

Simple Salad Dressing: Mix 3 tablespoons balsamic vinegar with 2 tablespoons of Dijon mustard, 1 tablespoon maple syrup or honey. It is good on green, grain or pasta salads!

## Changing the taste

You can change the taste of basic ingredients in your dish simply by changing the herbs and spices you use. Try using these herbs and spices to get these flavors:

* Mexican using cumin, oregano, chili powder, cilantro and garlic.
* Italian using basil, oregano, parsley, and garlic.
* Asian using soy sauce, ginger, garlic, chilies, and turmeric.
* Savory/Thanksgiving using rosemary, sage, thyme, and parsley.

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