



MyPyramid.gov

# MyPyramid Main Dish Salads

Choose a variety of colorful foods from each of the following groups and make your next salad a main dish:

## Grains

- barley (use cold leftovers)
- bread, 100% whole wheat (serve on the side)
- crackers, low-fat whole grain (serve on the side)
- pasta, whole wheat
- pita, 100% whole wheat (put the salad in the pocket!)
- rice, brown (use cold leftovers)
- tortilla, 100% whole wheat (roll the salad inside for a veggie salad burrito)

## Vegetables

*fresh, frozen, or canned*

- asparagus
- beans - green, lima, snap
- beets
- broccoli
- Brussels sprouts
- cabbage
- carrots
- cauliflower
- celery
- corn
- cucumber
- eggplant
- garlic
- greens (collard, kale, leaf lettuce, spinach)
- mushrooms
- peas
- peppers, bell (red, yellow or green)
- onion, white or purple
- potato
- radishes
- squash, summer
- squash, winter
- sweet potatoes
- tomatoes

## Fruits

*fresh, frozen, canned, or dried*

- apples
- blackberries, blueberries
- cantaloupe
- cherries
- grapefruit
- grapes
- honeydew
- 100% juice (use in dressings)
- kiwi
- lemons, limes (use juice in dressings)
- nectarines
- oranges
- peaches
- pears
- pineapple
- plums
- raisins and other dried fruits like apricots and cranberries
- raspberries
- strawberries
- watermelon

*Use whole unsweetened fruit*

## Healthy Oils

- avocado
- mayonnaise, low-fat (just enough to moisten salad)
- nuts
- oil, vegetable
- salad dressing, low-fat

## Milk

- cheese, grated low-fat
- cottage cheese, low-fat
- yogurt, plain low-fat (use in a salad dressing)
- milk, non-fat or low-fat (serve on the side)

## Meat and Beans

- beans, canned and rinsed (black, garbanzo, kidney and pinto)
- beans, low-fat re-fried
- beef, lean cooked
- black-eyed peas, frozen
- chicken, cooked and cubed
- egg, hard-boiled
- lentils
- nuts
- peanut butter (use in salad dressing)
- peas, thawed frozen
- salmon, canned or cooked
- seafood, other types
- sesame seeds
- sunflower seeds
- tofu
- tuna fish, canned in water
- turkey, cooked and cubed

## Be Creative!

Use the fresh foods you have on hand first to make a healthy, delicious main dish salad. Add thawed frozen, canned or dried foods for variety.

Prepare enough of the main dish salad and plan to have some left-over that you can eat within the next day or two. Only add dressing to the salad you plan to eat right away.

Try making your own salad dressing. See the back of this sheet for some simple salad dressing recipes that you can prepare at home.

For more healthy eating information contact the University of Maryland Cooperative Extension Office in Baltimore County at 410-666-0445.

[www.BaltimoreCounty.umd.edu](http://www.BaltimoreCounty.umd.edu)



Equal opportunity programs

# MyPyramid Salad Dressings

## Zesty Herb

**Serving Size:** 2 tablespoons **Yield:** 5 servings

**What you need:**

- 1 Tablespoon vegetable oil
- 2 Tablespoons vinegar
- 1/3 cup tomato or orange juice
- 1/2 teaspoon dried oregano (or 1½ teaspoon fresh)
- 1/2 teaspoon dried basil (or 1½ teaspoon fresh)
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt

**What to do:**

1. Put everything in a jar or bottle with a lid.
2. Close the lid and shake well.
3. Chill in the refrigerator at least one hour before serving.

**Notes:** Try this dressing on cut vegetables or salad. Keep any leftover dressing in the fridge.

**Calories:** 35 **Total Fat:** 3 grams

**Source:** USDA Recipe Finder

## Strawberry Vinaigrette

**Serving Size:** 2 tablespoons **Yield:** 4 servings

**What you need:**

- 1/2 cup fresh cut-up strawberries or frozen
- 1 Tablespoon vinegar
- 1 Tablespoon orange juice
- 1 Tablespoon vegetable oil
- 1 teaspoon honey

**What to do:**

1. Measure all ingredients in a blender or food processor.
2. Cover and mix until smooth.
3. Add dressing to salad just before serving.

**Notes:** Tastes great with a mixed green salad topped with fresh berries, orange sections and chopped nuts.

**Calories:** 45 **Total Fat:** 4 grams

**Source:** Used with permission, Green Mountain at Fox Run, Ludlow VT

## Honey Mustard

**Serving Size:** 2 tablespoons **Yield:** 7 servings

**What you need:**

- 1/4 cup vegetable oil
- 1/4 cup vinegar
- 2 Tablespoons honey
- 2 Tablespoons mustard
- 2 teaspoons lemon juice
- 1/4 teaspoon black pepper

**What to do:**

1. Put everything in a jar or bottle with a lid.
2. Close the lid and shake well.
3. Chill in the refrigerator at least one hour before serving.

**Notes:** Try this dressing on cold cooked pasta and vegetables. After serving, keep any leftover dressing in the refrigerator.

**Calories:** 90 **Total Fat:** 8 grams

**Source:** USDA Recipe Finder

## Low Fat Creamy

**Serving Size:** 2 tablespoons **Yield:** 8 servings

**What you need:**

- 1/2 cup mayonnaise, reduced fat
- 1/2 cup yogurt, nonfat plain
- 1/4 teaspoon dried dill weed or 3/4 teaspoon fresh
- 1/2 teaspoon celery salt or celery seed (optional)
- 2 Tablespoons chopped cucumber (optional)

**What to do:**

1. Combine all ingredients in a small container.
2. Store covered in refrigerator and use within one week.

**Notes:** If you like Ranch dressing, you'll enjoy this recipe.

**Calories:** 50 **Total Fat:** 5 grams

**Source:** USDA Recipe Finder