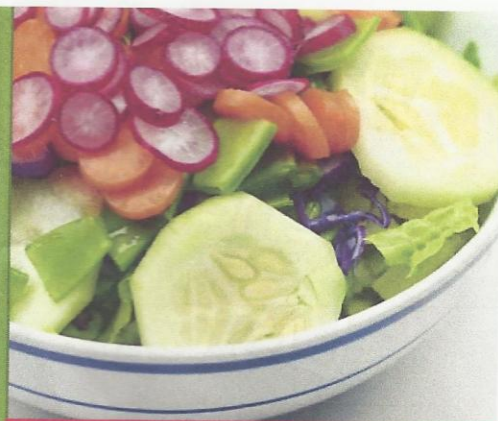
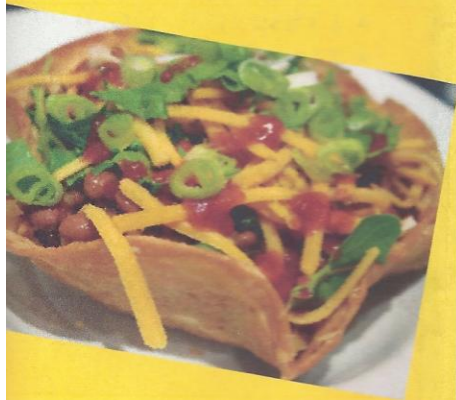


Before you learn what makes a healthy salad, here are the major things to avoid:

Don't:

- Fill your plate with iceberg
- Get it pre-dressed or swimming in dressing
- Order fried chicken or shrimp on top
- Pile it high with cheese
- Load it with croutons and wonton strips
- Order it in a taco shell



Do's and Don't's of Salads

Think you're being super healthy by ordering a salad? Think again: not all salads are created equally. Some can have more calories than a burger! Learn how to turn your calorie bomb of a salad into a nutritious and delicious one by following these simple tips!

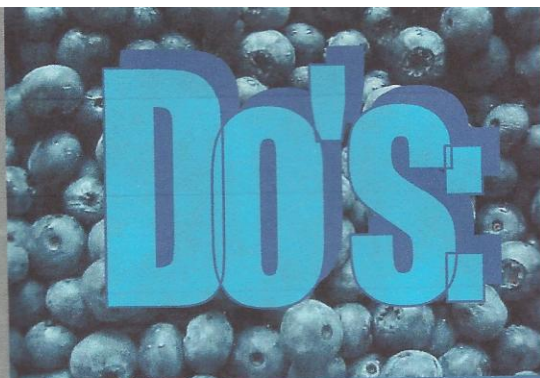
Ashley Chamberlin
HSCI 445

Worst Offenders List:

Take a look at some typical restaurant calorie counts of salads as opposed to some of their other fare. The numbers may surprise you:

Chili's Grill & Bar	Calories
Quesadilla	1,300
Explosion Salad	
Big Mouth Burger	970
Bites w/fries	
TGI Fridays:	Calories
Pecan-Crusted Chicken Salad	1,100
BBQ Pulled Pork Sandwich	990
Red Robin	Calories
Crispy Chicken Tender Salad	1,450
Gourmet Cheeseburger	816

So when you are debating between ordering a salad and a burger, remember that a salad is not always the lower calorie option. However, there are modifications that can be made to any salad to make it healthier (see right).



Follow these tips and you will have a nutritious salad in no time!

Do's:

- Order the dressing on the side & dip with your fork to significantly reduce calories and fat
- Choose dark leafy greens such as spinach, romaine, and mixed greens which are high in calcium, iron & vitamins K, C & E.
- Pile on the veggies cucumbers, bell pepper, tomatoes, etc. add variety, nutrients, and fiber.
- Pump up the protein: adding grilled chicken or shrimp, tofu, or beans will help keep you full longer
- Color your salad with fruit: fresh grapes, strawberries, and mandarin oranges add sweetness along with fiber and vitamins
- Pick one "extra" from this list to keep calories in check:
 - Cheese
 - Croutons/wonton strips
 - Nuts
 - Sunflower seeds
 - Dried fruit

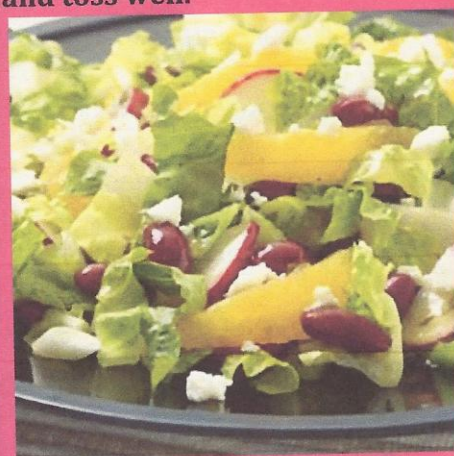
Treat yourself to this refreshing salad and your taste buds are in for a treat!

Sun-kissed Orange Salad: (Serves 1)

Ingredients:

- 3 cups Romaine lettuce, chopped
- ½ cup radishes, chopped
- ½ cup red bell pepper
- ½ cup canned kidney beans
- ½ fresh orange, segmented
- ½ scallion, sliced
- 2 Tbsps crumbled reduced-fat feta cheese
- 2 Tbsps Orange dressing, on the side (recipe below)

Combine ingredients in a bowl and toss well.



Orange Delight Dressing: (Makes 1 cup)

Ingredients:

- ½ tsp orange zest, freshly grated
- ½ cup orange juice
- ¼ cup cider vinegar
- 1 Tbsp extra-virgin olive oil
- 2 tsps fresh oregano, chopped or ¾ tsp dried
- 1 tsp Dijon mustard
- ¼ tsp salt
- ½ tsp freshly ground pepper

Place ingredients in a jar. Cover & shake well to combine.