

Fresh Salad

1 cup of dark-leaved greens
1 cup of fruit
1/3 cup chopped nuts
¼ cup low-fat cheese
1-2 Tbsp Dressing

Toss ingredients in a bowl and enjoy!
Try different combinations of fruits, vegetables, and cheeses.

Spinach Salad

1 cup spinach
1-2 ripe peaches, sliced
1/3 cup walnuts or pecans
Salad Dressing to taste – a vinaigrette would be ideal

Combine first three ingredients. Add salad dressing to taste.

TIP: Most of the fat in salads is in the dressing – a little dressing goes a long way! Try dipping your fork into the dressing before spearing some food. This will give the salad taste without dousing the salad in dressing!

Difficulty level- easy **Price-** cheap