



Give Your Family More of the Good Stuff!



Salad Greens Basics

Shop and Save

- ✿ Whole heads of lettuce might be cheaper than containers of ready-to-eat greens. Bags or containers can provide a mix of greens.
- ✿ Buy an amount that you can use while it is good quality (within about a week). Bags or containers usually have a 'Best if Used by' date.
- ✿ Look for leaves that are fresh and show no signs of wilting or spoiling.
- ✿ Growing your own greens can save money. They can grow in the ground or containers about 1 gallon or larger. Most grow best in cooler weather.

Salad greens are an excellent source of vitamin K, which helps stop cuts and scrapes from bleeding too much.



Types of Salad Greens

Try a mix for flavor, texture and variety. Darker color greens have more nutrients.

Leaf lettuce and Red leaf lettuce -



loose heads of tender, ruffled leaves with a crunchy center stem; mild flavor.

Romaine or Cos -



heads of large, smooth, oval leaves with a thick crunchy center rib; more crisp than leaf lettuces; mild flavor.

Butterhead

(Boston or Bibb) - have a mild flavor and soft, tender, cupped leaves.



Iceberg - compact heads of crisp pale green leaves; mild flavor and crunchy texture.

Spinach and Kale -

✓ **Darkest green of all types!**
Use either mature (larger) leaves or baby leaves. Baby leaves are most tender.

Store Well Waste Less

- After purchasing or harvesting from the garden:
 - Wrap salad greens in a slightly damp towel, place in plastic bag or container, seal, and store in the refrigerator.
 - Rinse greens well with cool running water just before serving; pat leaves dry.



- Greens in bags or containers are often pre-washed and ready to eat.
- Green salads can be made as early as a day before serving. Add the dressing just before serving to keep the greens more crisp.

Serving up Salad Greens

Honey Mustard Dressing

Ingredients:

- ½ cup low-fat plain yogurt
- 3 tablespoons nonfat or 1% milk
- 1 tablespoon honey
- 2 teaspoons mustard

Directions:

1. Combine all ingredients in a small bowl and stir until smooth. Cover and chill for 30 minutes before serving.
2. Refrigerate leftovers within 2 hours.

Notes:

For a stronger flavor, add an extra 1 to 2 teaspoons mustard.

This recipe works with all types of mustard! Honey is not recommended for children under 1 year old.

Ranch Dressing

Ingredients:

- ¼ cup low-fat mayonnaise
- ½ cup low-fat buttermilk
- 1 teaspoon dried parsley
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon each salt and pepper

Directions:

1. Combine all ingredients in a small bowl and stir until smooth. Cover and chill until ready to serve.
2. Refrigerate leftovers within 2 hours.

Notes:

For a thinner dressing, add an extra 2 to 3 tablespoons of low-fat buttermilk.

Go to
[FoodHero.org](https://www.foodhero.org)
for easy, tasty
salad recipes

Create a Salad

- 1 **Start with Greens**—One type or a mix. 2 cups of leafy greens is a serving.
- 2 **Add Some Color**—Vegetables or fruit (fresh, canned, or dried).

Peas	Carrots	Tomatoes	Oranges
Broccoli	Peppers	Berries	Cranberries
- 3 **Pick a Low-Fat Protein**—It helps you feel full.

Egg	Tuna or salmon	Tofu
Beans - cooked or canned (drained)	Cooked meats	
- 4 **Dress it Lightly**—Dressings can add calories; use a small amount; try reduced-fat versions or make your own; thin dressings spread farther so you can use less.

Use Toppings Sparingly—Look for reduced fat options. Cheese, seeds or nuts, bacon bits and croutons can add extra calories.