



Summer Salads

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When temperatures are rising outside, the last thing most of us want to do is slave over a hot stove. Give these fun summer salads a try! Salads are a great source of vitamins and minerals. Shredded romaine lettuce provides folate, potassium, fiber, and vitamins A and C. For an even bigger nutrient punch of folate, Vitamin A, potassium, magnesium, and fiber, give chopped spinach a try. Pair your summer salad with a whole wheat roll and a glass of milk, and you have a complete meal.

Black Bean and Chicken Taco Salad with Lime Vinaigrette

Ingredients

Vinaigrette:

- ¼ cup chopped seeded tomato
- ¼ cup chopped fresh cilantro
- 2 tablespoons olive oil
- 1 tablespoon cider vinegar
- 1 teaspoon grated lime rind
- 1 tablespoon fresh lime juice
- ¼ teaspoon salt
- ¼ teaspoon ground cumin
- ¼ teaspoon chili powder
- ¼ teaspoon black pepper
- 1 garlic clove, peeled



Salad:

- 8 cups thinly sliced or precut lettuce
- 1 ½ cups chopped ready-to-eat skinned, boneless chicken breasts (about 2 breasts)
- 1 cup chopped tomatoes
- 1 cup chopped green bell pepper
- 1 cup finely diced red onion
- ½ cup (2 ounces) shredded reduced fat sharp cheddar cheese
- 1 (15 ounce) can black beans, rinsed and drained
- 4 cups fat-free baked tortilla chips (about 4 ounces)

Instructions:

To prepare vinaigrette, combine first 11 ingredients in a blender or food processor; process until smooth.

To prepare salad, combine lettuce and remaining ingredients except chips in a large bowl. Add vinaigrette; toss well to coat. Serve with chips.

Calories: 402 Carbohydrates 51.6 grams Cholesterol 35 mg Fat 12.6 grams Sodium 861 milligrams

Cherry Berry Salad**Ingredients:**

1 pound boneless, skinless chicken breast, cut into strips (or try the precooked chicken breast strips)

8 cups torn mixed salad greens

2 cups fresh berries (raspberries, blueberries, sliced strawberries)

1 package (8 ounces) frozen sugar snap peas, thawed

¼ cup chopped pecans or slivered almonds, toasted

1 cup reduced fat Italian salad dressing

Preparation

Toss all ingredients with dressing in large bowl.

Calories 260 Carbohydrates 13 grams Fat 15 grams Cholesterol 50 milligrams Sodium 180 milligrams

Recipes taken from www.epicurious.com and www.kraftfoods.com

