



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Summer Salads are Sensational

Salads are a quick option for a nutritious and hydrating meal in the summer. Plus, it doesn't require heating up the kitchen!



Variations on a Cobb salad are a great way to include plenty of protein and vegetables (and fruit if you include avocado!). Grab some items from the pantry and prep some fresh vegetables ahead of time and you could have a variety of meals for the week! Whether you chop up a hearty Romaine lettuce or some other favorite leafy greens, you can easily create a variety of flavors with the combination of toppings you choose.

If you have leftover meat that's already cooked, include that with beans and plenty of vegetables for a hearty meal. Salads are a great idea for a DIY night where everyone can include their toppings and flavor combination of choice.

The choice of toppings and dressing make it simple to allow variety.

Southwest Cobb Salad

Ingredients:

- 4 slices low sodium turkey bacon, chopped
- 4 cups romaine leaves, chopped
- 1/2 cup ranch dressing (yogurt-based optional)
- 2 refrigerated hard-cooked eggs, chopped
- 2 Roma tomatoes, chopped
- 1 avocado, peeled, pitted and sliced
- 1 cup chopped cooked ham (or chicken)
- 1/3 cup drained and rinsed canned black beans
- 1/3 cup drained canned fire roasted corn
- 1/3 cup shredded reduced-fat Mexican cheese blend
- 1/4 cup roasted unsalted pepitas
- 1/4 cup thinly sliced red onion



Directions:

1. In large skillet, cook bacon over medium-high heat 5 minutes or until crisp, stirring occasionally; transfer to paper towel-lined plate to drain.
2. In a large bowl, toss romaine and dressing.
3. Divide romaine mixture onto 4 plates; top with remaining ingredients and bacon.