



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

# Dietitian's Dish

## Nutrient-Packed Salads!

Eating more salads is a simple way to boost your fruit and vegetable intake.

And with bagged salad greens and salad kits, it couldn't be easier.

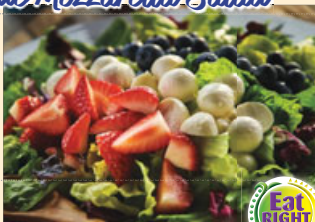
Whether you enjoy them as your meal, or as a nutrient-packed side dish or snack, you can include as many food groups as you wish.

Kick boring to the curb and start piling on a variety of ingredients atop your greens. The combinations are endless!

### Red, White and Blue Mozzarella Salad

#### Ingredients:

- 1 (5-ounce) Fresh Express® Butter Supreme
- 1 cup strawberries quartered
- 1 cup fresh baby mozzarella cheese pearls drained
- 1 cup blueberries
- 1/3 cup Poppy Seed Dressing



#### Directions:

Arrange Fresh Express® Butter Supreme on a large platter. Top with rows of strawberries, mozzarella cheese, and blueberries. When ready to serve, drizzle with poppy seed dressing and toss to coat.

*Recipe and image courtesy of Fresh Express.*

### Chicken Tortilla Salad

#### Ingredients:

- 1 bag Fresh Express® American Mix
- 2 cups cooked chicken, diced or shredded
- 1 cup reduced-fat Monterey Jack cheese
- 1 cup cooked corn
- 1/2 cup cilantro, chopped
- 4 lime wedges
- 1 red bell pepper, seeded & diced
- 1 green bell pepper, seeded & diced
- 1/2 red onion
- 1 cup thinly sliced tortilla chip strips



#### Dressing Ingredients:

- 1 cup prepared salsa
- 1 teaspoon cumin
- 1/2 teaspoon chili powder
- 4 Tablespoons finely chopped red onion
- 2 Tablespoons balsamic vinegar
- 2 teaspoons Dijon mustard
- 1/2 teaspoon salt

#### Directions:

1. In a blender, mix all dressing ingredients. Set it aside.
2. Empty salad bag into a large bowl.
3. Add chicken, corn, 1/4 cup of cilantro, peppers, and onion.
4. Toss with the salsa vinaigrette dressing.
5. Portion into bowls and top with cheese, tortilla strips and the remaining cilantro.
6. Squeeze fresh lime juice on top.

*Recipe (adapted) and image courtesy of Fresh Express.*