

June: Making Salad the Star

Summer has arrived, bringing with it a wonderful selection of fresh fruits and vegetables! Take advantage of this by adding a variety of flavorful salads to your weekly menu. A well-made salad packs a nutritional punch without weighing you down; centering salads around vegetables and fruits, which tend to be high in nutrients, yet low in calories, accomplishes this goal. Vegetables and fruits also contain other important substances, including various phytochemicals and fiber, which are key components of an anti-cancer diet. And with all of this beautiful summer weather, who wants to be stuck inside laboring over a hot stove? Throwing together a large salad is an easy way to create a healthy dinner in a matter of minutes.



How to Create Nutritious and Delicious Entrée Salads:

1. Start with generous portions of low-calorie vegetables like leafy greens, tomatoes, onions, carrots, and cucumbers
2. Mix in lean high-protein foods like beans, tempeh, grilled chicken or fish (meat portions should be about the size of a deck of cards)
3. Gently fold in juicy fruits like fresh berries or diced mango to mix sweet and savory flavors
4. Sprinkle on about 2 tablespoons (a small handful) of calorie-dense whole foods like olives, nuts, and seeds
5. Dress your salad lightly, with a lemon juice or vinegar-based dressing
6. Add fresh herbs for an extra flavor boost
7. For a heartier salad, toss in quinoa, farro, brown rice, or another whole grain of your choice

Note: If you are currently undergoing cancer treatment, defer to your physician's nutritional recommendations.