

# Summer Salads



**Use the word bank to find the hidden vegetables.**

Words can be found going horizontal, vertical, diagonally or backwards.

W H T H A I H T B D S T X I V K  
 P C X U Q C N G M E K C J H O C  
 V A R O P A S L B B S R D O E A  
 A B P S L Z N O I N O I C C B U  
 F B N P B J K E R T E S Q D M C  
 W A G B A U F B Q C D G F M U N  
 L G I E O I F D H A J F H M S E  
 E E S L O K N I R I M I L J H A  
 Q R G L C A U L I F L O W E R O  
 T H E P W L A J E O X H Y K O D  
 S F V E N E Q Y C L T K A Q O P  
 O P M P Z C Z C O M U L O R M R  
 O P K P A Y O C P N R G V A G U  
 M P O E Z R H A W D N N C M T T  
 L E O R B O X R A D I S H E S H  
 A C B U P N C X V B P K J I B U

## Word Bank

Bell Pepper	Cauliflower	Mushroom	Radishes
Broccoli	Eggplant	Onion	Turnip
Cabbage	Kale		



## Create a Salad

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

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

Egg	Tuna or salmon	Tofu
Bean—cooked or canned (drained) Cooked meats		
- 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.

## Ranch Dressing

### Ingredients

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

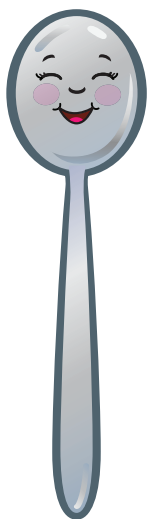


### Directions

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

### Notes

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



## Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- ★ Swish greens in a bowl of water to remove dirt.
- ★ Peel or cut fruit or veggies.
- ★ Measure and stir ingredients for salad dressings.



*For tasty, healthy recipes and garden tips that fit your budget, visit [Food Hero.org](http://FoodHero.org)*



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