

This week we are going to cover 3 items:

1. How to Create a Salad

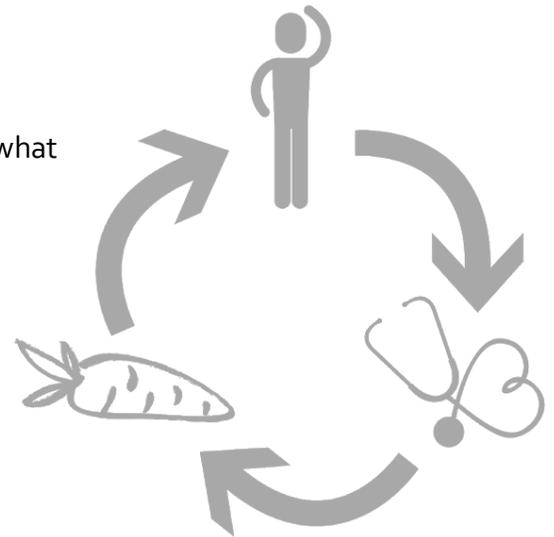
Do you want to be able to make a nourishing salad with what you have on hand? This chart can help you do that.

2. Knife Basics

How to safely handle knives in the kitchen.

3. Eating a Variety of Vegetables and Fruit

A go to guide for matching food color to nutrients.



Weekly goals:

- Gain confidence and skills to create nourishing salads
- Practice efficiency and safety in the kitchen
- Consume a diverse range of vegetables and fruit

Super Salads

Load up on veggies with a tasty salad.

Serve a small salad before dinner. Or, add protein to make a quick and tasty weeknight meal. Add ingredients from each column to make a salad for four.

Greens (4 cups)	+	Veggies (1-2 cups total, any combo)	+	Optional Protein (2 cups)	+	Optional Add-Ins (½ cup)	+	Salad Dressing (¼ cup, recipes on page 80)
Leaf lettuce		Raw beets or carrots, peeled and shredded		Canned beans, rinsed and drained		Toasted nuts or seeds, chopped or sliced		Oil and vinegar
Spinach		Broccoli or cauliflower, chopped		Hard-boiled eggs, chopped		Cheese, shredded or crumbled		Honey mustard
Romaine lettuce		Cucumber, chopped or sliced		Roasted chicken, turkey, beef, or pork, shredded or sliced		Cooked barley, brown rice, or whole grain pasta		Citrus dressing
Mixed salad greens		Tomatoes, diced (canned or fresh)		Extra-firm tofu, crumbled and drained		Olives, sliced		Balsamic vinaigrette
		Corn kernels or peas (fresh or frozen, thawed)		Frozen peas or edamame (soy beans), thawed and drained		Orange or grapefruit, cut into segments		Low-fat ranch
		Radishes, sliced				Whole grain croutons		
		Bell pepper, chopped				Dried fruit		

Try these combos!

Simple Spinach Salad

Spinach + shredded carrots + hard-boiled eggs + honey mustard dressing

Winter Salad

Mixed salad greens + shredded beets + grapefruit or orange segments + citrus dressing

Fast Southwestern Dinner Salad

Romaine lettuce + corn + diced tomatoes + black beans + cooked and chilled brown rice + shredded cheddar + sliced olives + citrus dressing with a pinch of chili powder



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Dress foods up with homemade salad dressing.

Make salad dressing just the way you like it with a few basic items.

Follow this ratio:

- 2 parts olive or canola oil
- 1 part acid, such as vinegar, lemon or lime juice, or Dijon mustard
- Salt and pepper

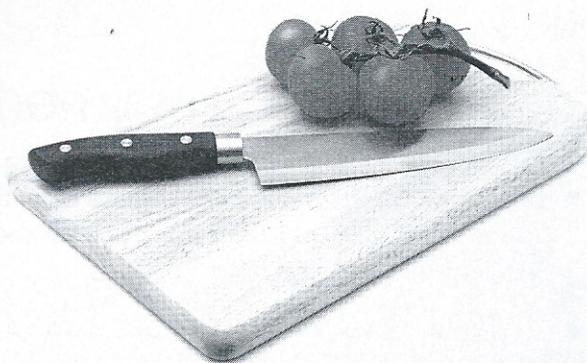
Chef's Notes:

- For a thinner Ranch dressing, use more vinegar. For a thicker Ranch, good for cut-up veggies, use less.
- You can use milk instead of vinegar in the Ranch if you prefer.

Simple Salad Dressing	Honey Mustard	Citrus Dressing	Balsamic Vinaigrette	Creamy Low-Fat Ranch Dressing
3 Tablespoons olive oil	6 Tablespoons mustard	2 Tablespoons lime, lemon, or orange juice	2 Tablespoons balsamic vinegar	1 (6-ounce) container plain nonfat or low-fat yogurt
2 Tablespoons red wine vinegar	½ Tablespoon fresh lemon juice or cider vinegar	3-4 Tablespoons oil	1 Tablespoon Dijon mustard	⅓ cup low-fat mayonnaise
1 teaspoon salt	1½ Tablespoons honey	Salt and pepper to taste	3-4 Tablespoons oil	2 Tablespoons white vinegar
¼ teaspoon pepper	1 teaspoon oil		Salt and pepper to taste	1 Tablespoon dried dill
	Salt and pepper to taste			¼ teaspoon garlic powder
				⅛ teaspoon salt

Knife Basics

Follow these tips to buy, use, and care for your knives.

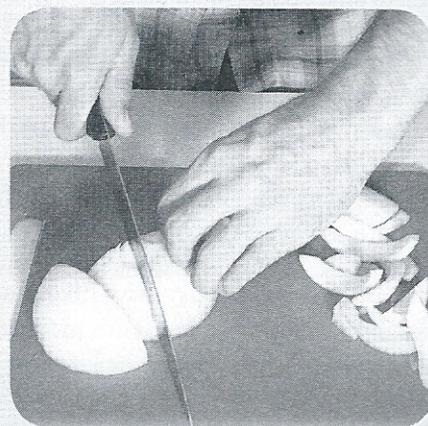


Shopping Tips

- Hold a few in your hand before buying if you can. Handles have different shapes. Some may feel more comfortable than others.
- You don't need to purchase a 10-knife block set. Most kitchen tasks can be done with just one or two knives. Here are a few tips:
 - Chef's knife (8–10-inch blade). Almost all kitchen jobs can be done with just this knife. If you can only buy one, go with this one.
 - Paring knife (3–4-inch blade). Good for tasks where you may need to be more precise, like peeling and coring.
 - Serrated knife (8–10-inch blade, small “teeth”). This knife is long like a chef's knife but the blade edge is jagged, rather than smooth. Good for slicing bread and cutting soft-skinned produce like tomatoes.

Safety Tips

- Never put a knife in a sink full of water. You or someone else may forget it's there. This can lead to cuts when you grab things to clean.
- Don't try to catch a falling knife. If you drop it, take a quick step back so it doesn't nick your toes or bounce back on you.
- To pass a knife, hand it off by the handle. Or, set it down on the counter and let the other person pick it up.
- Always walk with the blade of your knife pointed towards the floor. This helps avoid nicking someone who comes into your path.
- When you are not using your knife, place it at the top of your cutting board. Keep the blade facing away from you.



Using Knives Safely

Our recipes call for a lot of slicing, dicing, chopping, and mincing. Use these tips to cut like a pro:

- **Watch your fingers.** Tuck your fingers toward your palm on the hand that is holding the food.
- **Lead down with the tip.** Angle the tip of the knife toward the cutting board.
- **Slice.** Cut through the food with a slicing or sawing motion. Don't just push down.
- **Create a flat surface.** When working with round foods like onions or potatoes, cut them in half first. Lay the flat side down, then keep cutting.

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Vary Your Fruits and Veggies

Choose fresh, frozen, and canned produce to meet your daily goals.

Choose from all the color groups. Check out what each color can do for you.

Red

- Improved memory
- A healthy heart
- Lower risk for some cancers



Orange/Yellow

- Sharp vision
- A healthy heart
- Strength to fight off colds and illness
- Lower risk for some cancers



White

- A healthy heart



Green

- Sharp vision
- Strong bones and teeth
- Lower risk for some cancers



Blue/Purple

- Good memory
- Healthy aging
- Lower risk for some cancers



Eat different parts of the plant that appeal to your tastes.

Seeds

Lima beans, pinto beans, pumpkin seeds, black beans, peas, dry split peas, corn



Roots

Beets, onions, carrots, parsnips, potatoes, radishes, rutabaga, sweet potatoes, jicama



Stems

Asparagus, bamboo shoots, bok choy, broccoli, celery, rhubarb



Leaves

Brussels sprouts, parsley, cabbage, spinach, collards, turnip greens, kale, chard, lettuce, endive, watercress



Flowers

Broccoli, cauliflower



Fruit

Apples, avocados, grapes, cucumbers, bananas, pumpkins, bell peppers, dates, grapefruit, berries, eggplant, plums, melons, oranges, strawberries, tomatoes

