

POWER SALADS

BALANCED, SUPER-TASTY AND SATISFYING, THESE SUPER-CHARGED SALADS WILL POWER YOU THROUGH SUMMER

Packed full of seasonal ingredients and some protein, these salad recipes make the most of summer's bounty. Start with 3 cups of mixed greens, then choose a topping-and-dressing combo. Add a whole-grain roll on the side to make this meal fit the U.S. Department of Agriculture's MyPlate model.

1 Orange-Walnut Salad with Chicken

- 2 tablespoons goat cheese
- 1 orange, cut into segments
- ½ cup cooked chicken breast
- 2 tablespoons toasted walnuts
- 2 tablespoons Orange-Walnut Vinaigrette

Calories: 466



2 Curried Salad with Egg & Cashews

- ½ cup diced red bell pepper
- ¼ cup dried cranberries
- 1 hard-boiled egg, chopped
- 2 tablespoons toasted cashews
- 2 tablespoons Creamy Curry Dressing

Calories: 368



3 Southwestern Salad with Black Beans

- ½ cup black beans
- ½ cup corn
- ½ cup grape tomatoes
- 2 tablespoons Creamy Cilantro-Avocado Dressing

Calories: 235

Facts Up Front

helps busy shoppers by summarizing important nutrition information in a clear, simple and easy-to-use format on the front of food and beverage packages. In this voluntary labeling program, the facts are straight from the FDA-regulated Nutrition Facts panel on the side or back of food packages.

1. Orange-Walnut Vinaigrette

Shake in a jar until combined: ½ cup each walnut oil and orange juice, 1 tablespoon red-wine vinegar, 1 minced garlic clove, 1 teaspoon each freshly grated orange zest and reduced-sodium soy sauce, ¼ teaspoon each salt and pepper. **Makes: about ¾ cup.**

2. Creamy Curry Dressing

Puree in a blender until smooth: ½ cup each nonfat plain yogurt and low-fat mayonnaise, 3 tablespoons lemon juice, 2 tablespoons water, 1 tablespoon honey, 1 teaspoon curry powder and ¼ teaspoon each salt and pepper. **Makes: about 1 cup.**

3. Creamy Cilantro-Avocado Dressing

Puree in a blender until smooth: ½ ripe avocado, ¾ cup packed cilantro, ½ cup nonfat plain yogurt, 2 chopped scallions, 1 quartered garlic clove, 1 tablespoon lime juice and ½ teaspoon each sugar and salt. **Makes: about 1 cup.**