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

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