

VYP

Vary Your Protein Recipe Series

Recipe Category: Cold Main Dish

Colorful Berry and Orange Dinner Salad

Yield: 1 serving, about 3 cups each

For the salad dressing:

1/4 cup frozen or fresh raspberries or black berries
2 teaspoons grainy mustard, such as Dijon-style
2 tablespoons liquid from canned mandarin oranges
a dash of ground black pepper

For the salad:

1/2 of an 11 ounce can (about 1/2 cup) of mandarin oranges, drained
1/3 cup cooked black beans, cooked without salt, drained and rinsed
1/4 cup chopped cooked chicken, turkey, beef or pork (without skin, bones or fat)
2 cups chopped or torn fresh salad greens, such as romaine or spinach
1 tablespoon slivered almonds
1 tablespoon grated Parmesan cheese

1. Wash your hands and work area.
2. For the salad dressing, place the six ingredients in a blender or food processor and process, scraping sides of blender if needed.
3. For the salad, combine all ingredients in a serving bowl or plate.
4. Just prior to serving, pour dressing over salad.
5. Cover and refrigerate leftovers within two hours.



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Research and Extension

Meal suggestion:

Serve with cornbread and low-fat milk.

This healthy, lean cold main dish provides a powerhouse of nutrients. It is an excellent source of vitamins A and C, dietary fiber, and iron. It is also a good source of calcium.

Nutrition Facts

Serving Size about 3 cups (363g)
Servings Per Container 1

Amount Per Serving

Calories 260 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 250mg **10%**

Total Carbohydrate 30g **10%**

Dietary Fiber 10g **40%**

Sugars 11g

Protein 22g

Vitamin A 140% • Vitamin C 100%

Calcium 15% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

2 carbohydrate choices per serving.

For more information about healthy eating, contact your local extension office or log on to www.ksre.ksu.edu/humannutrition/

The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, "VYP Recipe Series," Jan. 2009. This material was funded by USDA's Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.