

Souper Season of Comfort, Winter 2001

Salads

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Salad Bar Fixin's

Hello. Here's more fruit and vegetable news that you can really enjoy. Have you noticed that some supermarkets and delis offer a wide range of fruits and vegetables at the in-store salad bar? You can create a salad that provides you with up to 3 or 4 vegetable servings. But better yet, it becomes a perfect solution for that "I don't want to cook or chop" feeling. Pick up salad-bar fixin's for a homemade soup or stir-fry. Items are washed, trimmed, and cut to size so they're ready for any recipe. How convenient! Think about what you can create with this easy access to fresh ingredients. Look at these-broccoli, cauliflower, and red bell pepper. And while you're at it, grab a fresh fruit salad like this for dessert. It's healthy fast-food! So, go on, do yourself a flavor. Enjoy your 5 or more servings of fruits and vegetables every day.

Recipe Tips:

1. Pick up chopped broccoli, green pepper, and carrots at the salad bar to use in a stir-fry.
2. Chopped celery and carrots are ideal for adding to soups.
3. Either one cup of salad greens or ½ cup of chopped vegetables both equal one serving of vegetables.
4. Try the salad bar's fruit salad as a healthy snack; ½ cup equals one serving of fruit.