



RAISING THE salad bar

Salad bars make it easy *and* tasty to get your quota of vegetables. Our tips will help you fill your salad plate the smart way.

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PHOTOS BY Jason Donnelly | FOOD STYLING BY Greg Luna

- 1 Fill up on dark leafy greens.** The bottom half of a standard carryout salad bar container holds 4 cups of salad greens (loosely packed). A cup of lettuce or spinach has just 1–2 grams of carbohydrate and fewer than 10 calories, yet its bulk helps fill you up. Go with the darker greens—they're more nutritious.



2 Limit dressing to 1 tablespoon per 2 cups salad. Most salad dressing ladles hold 1–2 tablespoons. Spoon dressing into a small paper condiment cup, which typically holds 2 tablespoons. Beware of salad dressing ramekins and disposable dressing containers, which may hold as much as 4–8 tablespoons ($\frac{1}{4}$ – $\frac{1}{2}$ cup).

3 Include a high-protein topping. Salad will satisfy hunger longer if it includes a good source of protein, such as grilled chicken breast, hard-boiled eggs, beans, or shredded part-skim mozzarella cheese. Tuna salad, ham, or cottage cheese adds protein as well, but plan for the extra fat and sodium if you choose any of these options.



4 Seek alternatives to prepared salad dressing. A squeeze of fresh lemon juice or a few splashes of vinegar are two dressing alternatives that are very low in calories and sodium. Many salad bars also offer olive oil, so you can mix a bit of it with vinegar to make your own vinaigrette. Just know that every teaspoon of oil you use contains 40 calories.

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5 **Size up salad bar serving spoons.** Most spoons and tongs in salad bar ingredient containers hold 2 tablespoons, so you can count as you dish them up. Smaller spoons found in toppings such as nuts and sunflower seeds hold about 1½ teaspoons, which is enough to add crunch without excess calories.



SIX SALAD BAR \$TEALS

Salad bars are generally priced by the pound or as all-you-can-eat. Fresh vegetables and fruits on salad bars are typically more expensive per pound than if you buy them in the grocery store produce section, but you'll likely find some cost savings on these nutritious items.*



SUGAR SNAP PEAS

- Cost 50% less on salad bar than regular retail.
- Eating these veggies raw, rather than cooked, preserves their abundant vitamin C and B vitamins.



SLIVERED ALMONDS

- Cost 45% less on salad bar than regular retail.
- A recent study suggests eating 1 ounce of almonds as part of a meal may help reduce postmeal blood glucose spikes in people with type 2 diabetes.



PUMPKIN SEEDS

- Cost 27% less on salad bar than regular retail.
- Just ¼ cup packs 10 grams of protein and 25 percent of daily iron needs.



BABY SPINACH

- Costs 55% less on salad bar than regular retail.
- Provides fiber and a super dose of antioxidant vitamins A, C, and E to support heart health.



GRILLED CHICKEN BREAST

- Costs 53% less on salad bar than regular retail.
- Excellent source of hunger-satisfying protein and niacin, a B vitamin that supports healthy cholesterol levels.



SHREDDED PART-SKIM MOZZARELLA CHEESE

- Costs 12% less on salad bar than regular retail.
- Just ¼ cup has 7 grams of protein and 20 percent of daily calcium needs.

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*Prices based on average salad bar cost of \$5.99/pound or 37¢/ounce.

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MIXING IT UP

Rather than piling on every ingredient at the salad bar, choose a theme based on the ingredients at hand. Here are five ideas with a mix of flavors, colors, and textures—plus good nutrition!



Sweet Beet Salad

PRICE IT: \$4.43* including crackers

MAKE IT: 4 cups mesclun, $\frac{1}{3}$ cup crumbled hard-boiled egg, 3 sliced baby beets, $\frac{1}{2}$ cup apple slices, 1 tablespoon chopped walnuts, 1 tablespoon shredded Parmesan cheese, 1 tablespoon sliced green onion, 2 tablespoons bottled fat-free raspberry balsamic vinaigrette, sprinkle of freshly ground black pepper. Side of 2 honey graham cracker squares.

NUTRITION: 343 cal., 11 g total fat (3 g sat. fat), 194 mg chol., 339 mg sodium, 43.5 g carb. (8.5 g fiber, 25 g sugars), 13 g pro.

Strawberry Spinach Salad

PRICE IT: \$6.59* including fruit salad

MAKE IT: 4 cups baby spinach, $\frac{1}{3}$ cup tuna salad, $\frac{1}{2}$ cup sliced white mushrooms, $\frac{1}{2}$ cup strawberries, $\frac{1}{4}$ cup sliced red onion, 2 tablespoons chopped celery, $1\frac{1}{2}$ tablespoons slivered almonds, 1 tablespoon lemon juice from 2 wedges. Side of $\frac{1}{2}$ cup mixed fresh fruit and yogurt.

NUTRITION: 346 cal., 12 g total fat (2 g sat. fat), 9 mg chol., 454 mg sodium, 40 g carb. (10.5 g fiber, 17.5 g sugars), 20 g pro.





Tex-Mex Salad

PRICE IT: \$7.55*

MAKE IT: 4 cups romaine lettuce, $\frac{1}{3}$ cup black beans, $\frac{1}{2}$ cup chopped tomatoes, $\frac{1}{4}$ cup corn, $\frac{1}{4}$ cup sliced red onion, $\frac{1}{4}$ of an avocado, 5 sweet green pepper strips, 5 sweet red pepper strips, $\frac{1}{4}$ cup shredded part-skim mozzarella cheese, $\frac{1}{4}$ cup pico de gallo (fresh salsa).

NUTRITION: 346 cal., 11.5 g total fat (4 g sat. fat), 18 mg chol., 603 mg sodium, 42.5 g carb. (15 g fiber, 10 g sugars), 17 g pro.

Greek Chicken Salad

PRICE IT: \$7.48* including hummus and breadsticks

MAKE IT: 4 cups romaine lettuce, $\frac{2}{3}$ cup (3 ounces) grilled chicken breast strips, $\frac{1}{4}$ cup sliced red onion, $\frac{1}{2}$ cup broccoli, $\frac{1}{2}$ cup cauliflower, 1 pepperoncini pepper, $\frac{1}{2}$ cup cucumber slices, $\frac{1}{2}$ cup chopped tomato, 1 tablespoon feta cheese, $1\frac{1}{2}$ tablespoons balsamic vinegar. Side of 2 tablespoons roasted red pepper hummus and 2 breadsticks.

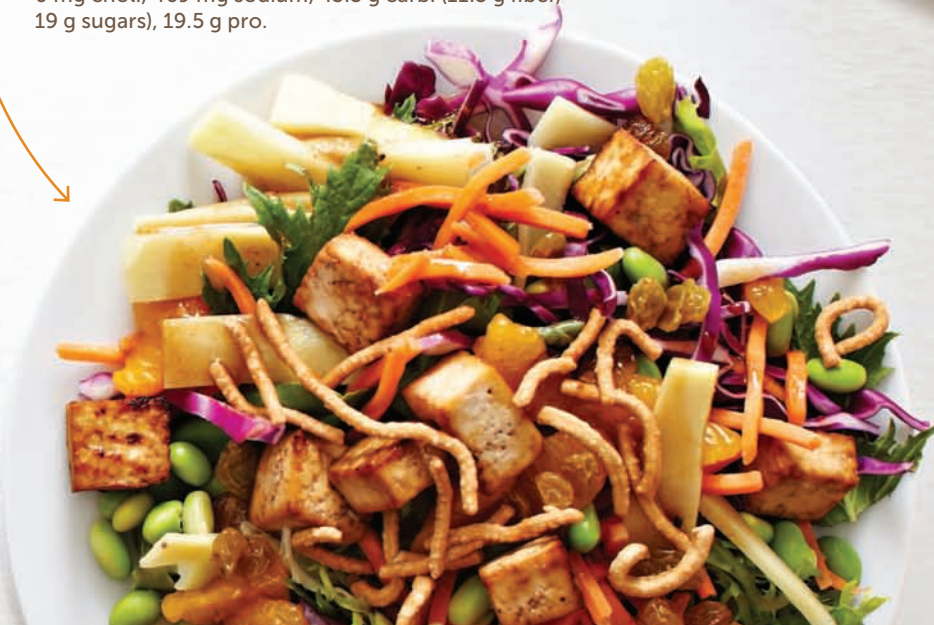
NUTRITION: 400 cal., 10 g total fat (1.5 g sat. fat), 79 mg chol., 585 mg sodium, 37.5 g carb. (9 g fiber, 10.5 g sugars), 35 g pro.

Asian Tofu Salad

PRICE IT: \$6.10*

MAKE IT: 4 cups mesclun, $\frac{1}{2}$ cup shredded red cabbage, 3 ounces baked tofu cubes, $\frac{1}{2}$ cup grated carrots, $\frac{1}{2}$ cup edamame, $\frac{1}{4}$ cup mandarin oranges, 1 tablespoon golden raisins, $\frac{1}{2}$ cup bamboo shoots, 2 tablespoons chow mein noodles, 2 tablespoons bottled reduced-sugar Asian sesame vinaigrette.

NUTRITION: 368 cal., 11.5 g total fat (0.5 g sat. fat), 0 mg chol., 469 mg sodium, 43.5 g carb. (11.5 g fiber, 19 g sugars), 19.5 g pro.



*Prices based on average salad bar cost of \$5.99/pound or 37¢/ounce.