

Romaine Salad with Orange, Feta & Beans

Makes 2 servings, about 4 cups each

6 cups chopped romaine lettuce
1 cup sliced radishes
1 cup canned kidney beans, rinsed (see Tip)
1 orange, segmented
1 scallion, sliced
¼ cup crumbled reduced-fat feta cheese
¼ cup Orange-Oregano Dressing (recipe follows)

Combine lettuce, radishes, beans, orange, scallion, feta and dressing in a large bowl. Toss to coat.

Tip: Store leftover canned beans in the refrigerator for up to 3 days. Toss them into soup for extra protein; mash with garlic powder and chopped fresh herbs for a quick dip.

Per serving: 242 calories; 5 g fat (2 g sat, 2 g mono); 8 mg cholesterol; 38 g carbohydrate; 13 g protein; 15 g fiber; 621 mg sodium; 1,059 mg potassium.

Nutrition bonus: Vitamin A (200% daily value); Vitamin C (160% dv); Folate (84% dv); Calcium (20% dv).

Orange-Oregano Dressing

Makes about 1 cup (8 servings)

½ teaspoon freshly grated orange zest
½ cup orange juice, preferably freshly squeezed
¼ cup cider vinegar
1 tablespoon extra-virgin olive oil
2 teaspoons chopped fresh oregano or ¾ teaspoon dried
1 teaspoon Dijon mustard
½ teaspoon salt
½ teaspoon freshly ground pepper

Place all ingredients in a jar. Cover and shake to combine.

Tip: Cover and refrigerate for up to 1 week.

Per 2-tablespoon serving: 27 calories; 2 g fat (0 g sat, 1 g mono); 0 mg cholesterol; 2 g carbohydrate; 0 g protein; 0 g fiber; 165 mg sodium; 41 mg potassium.

EatingWell Power Salad

Makes 2 servings, about 4 cups each

6 cups mixed salad greens
1 cup shredded carrots
2 tablespoons chopped red onion
¼ cup dressing, such as Creamy Dill Ranch Dressing (recipe follows)
10 cherry tomatoes
4 slices roast turkey breast, cut up (3 ounces)
2 slices reduced-fat Swiss cheese, cut up (2 ounces)

Toss greens, carrots, onion and dressing in a large bowl until coated. Divide between 2 plates. Arrange tomatoes, turkey and cheese on top of the salad.

Per serving: 180 calories; 4 g fat (1 g sat, 0 g mono); 27 mg cholesterol; 19 g carbohydrate; 21 g protein; 6 g fiber; 757 mg sodium; 956 mg potassium.

Nutrition bonus: Vitamin A (290% daily value), Vitamin C (70% dv), Folate (55% dv), Calcium (40% dv).

Creamy Dill Ranch Dressing

Makes 1 1/4 cups (10 servings)

1 small shallot, peeled
3/4 cup nonfat cottage cheese
1/4 cup reduced-fat mayonnaise
2 tablespoons buttermilk powder (see Note)
2 tablespoons white-wine vinegar
1/4 cup nonfat milk
1 tablespoon chopped fresh dill
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper

With the food processor running, add shallot through the feed tube and process until finely chopped. Add cottage cheese, mayonnaise, buttermilk powder and vinegar. Process until smooth, scraping down the sides as necessary, about 3 minutes. Pour in milk while the processor is running. Scrape down the sides, add dill, salt and pepper and process until combined.

Tips: Cover and refrigerate for up to 1 week.

Note: Look for buttermilk powder, such as Saco Buttermilk Blend, in the baking section or with the powdered milk in most supermarkets.

Nutrition Information

Per 2-tablespoon serving: 19 calories; 1 g fat (0 g sat, 0 g mono); 1 mg cholesterol; 2 g carbohydrate; 2 g protein; 0 g fiber; 125 mg sodium; 10 mg potassium.