

SALADS ON THE GO



ORANGE
POPPY SEED
SALAD

GREEK
SALAD

MEXICAN
PASTA SALAD

BEEF
CAESAR
SALAD

GREEN APPLE
AND BRIE SALAD

BROCCOLI
SALAD



BROCCOLI SALAD

SALAD DRESSING

- 2 tbsp (30 mL) plain Greek yogurt
- 1 tsp (5 mL) honey
- ½ tsp (2.5 mL) white vinegar

VEGETABLES AND FRUIT

- 1 tbsp (15 mL) chopped red onion
- ⅓ cup (80 mL) halved grapes

PROTEIN

- ⅓ cup (80 mL) cubed Canadian Cheddar
- 2 tbsp (30 mL) chopped pecans

GRAINS AND GREENS

- ½ cup (125 mL) broccoli florets

Fuel up on protein at every meal! --- Protein has a filling effect, so including it at every meal can help you feel full and satisfied, and less likely to snack mindlessly on convenient and non-nutritious foods. Greek yogurt and cheese are a good source of protein.



GREEN APPLE AND BRIE SALAD

SALAD DRESSING

- 2 tbsp (30 mL) sour cream
- 1 tsp (5 mL) balsamic vinegar
- 1 pinch of garlic powder

VEGETABLES AND FRUIT

- ½ green apple, diced
- 2 tbsp (30 mL) dried cranberries

PROTEIN

- ⅓ cup (80 mL) cubed Canadian Brie*
- 2 tbsp (30 mL) pumpkin seeds

GRAINS AND GREENS

- ⅓ cup (80 mL) cooked quinoa
- ½ cup (125 mL) chopped spinach

To mix things up, use pear instead of apple.

Enjoy your lunch break --- Lunch is a good time to re-energize your body and your mind. After a nutritious meal, be sure to get outside for some fresh air for a more productive afternoon.

*For more recipe ideas with Brie, visit: dfcplc.ca/YumBrie



BEEF CAESAR SALAD

SALAD DRESSING

- 1 tbsp (15 mL) sour cream
- 1 tbsp (15 mL) plain Greek yogurt
- ½ tsp (2.5 mL) lemon juice
- 1 tsp (5 mL) Dijon mustard
- ¼ tsp (1 mL) garlic powder
- 1 tsp (5 mL) Worcestershire sauce
- ½ tsp (2.5 mL) dried oregano

VEGETABLES AND FRUIT

- 1 tbsp (15 mL) diced celery
- 4 cherry tomatoes, halved
- ¼ cup (60 mL) diced mushrooms

PROTEIN

- 2 tbsp (30 mL) grated Canadian Parmesan
- ½ cup (125 mL) cubed cooked beef

GRAINS AND GREENS

- ½ cup (125 mL) torn romaine lettuce

Save time! --- Cook extra meat or poultry at dinnertime and use the leftovers in salads.



MEXICAN PASTA SALAD

SALAD DRESSING

- 2 tbsp (30 mL) sour cream
- 2 tbsp (30 mL) salsa (mild, medium or hot)

VEGETABLES AND FRUIT

- ¼ cup (60 mL) diced avocado
- 4 cherry tomatoes, halved
- ¼ cup (60 mL) diced English cucumber
- 2 tbsp (30 mL) frozen corn kernels

PROTEIN

- ¼ cup (60 mL) cubed Canadian Cheddar
- ¼ cup (60 mL) canned mixed beans (reduced sodium), rinsed

GRAINS AND GREENS

- ½ cup (125 mL) cooked fusilli pasta

To eat the salad right away, thaw the corn before adding it.

Creamier salad dressings --- If you like rich and creamy salad dressings, you'll love these recipes using sour cream or plain yogurt.



GREEK SALAD

SALAD DRESSING

- 1 tbsp (15 mL) sour cream
- 1 tbsp (15 mL) plain Greek yogurt
- 1 tsp (5 mL) Greek seasoning (store-bought or homemade)

VEGETABLES AND FRUIT

- 1 tbsp (15 mL) chopped red onion
- 4 cherry tomatoes, halved
- 2 tbsp (30 mL) diced English cucumber
- 1 tbsp (15 mL) sliced Kalamata olives

PROTEIN

- 2 tbsp (30 mL) crumbled Canadian Feta*
- ½ cup (125 mL) diced cooked chicken

GRAINS AND GREENS

- ½ cup (125 mL) torn romaine lettuce

Calcium --- Did you know that yogurt, cheese and milk naturally contain calcium that's easily absorbed by your body?

*For more recipe ideas with Feta, visit: dfcplc.ca/YumFeta



ORANGE POPPY SEED SALAD

SALAD DRESSING

- 2 tbsp (30 mL) plain Greek yogurt
- 1 tsp (5 mL) poppy seeds
- 2 tsp (10 mL) maple syrup
- 2 tsp (10 mL) orange juice
- ¼ tsp (1 mL) orange zest

VEGETABLES AND FRUIT

- ¼ cup (60 mL) diced green apple
- 1 celery stalk, diced
- ¼ cup (60 mL) orange segments

PROTEIN

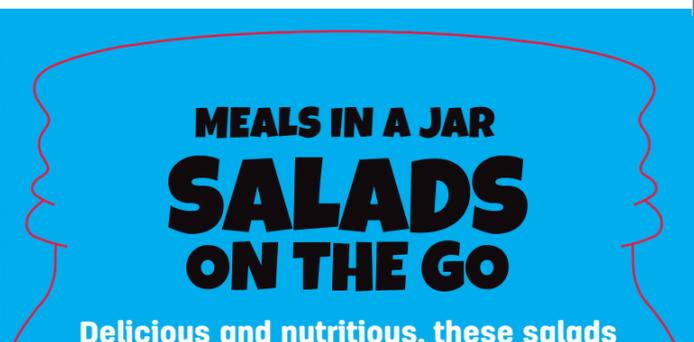
- ⅓ cup (80 mL) grated Canadian Mozzarella
- 2 tbsp (30 mL) chopped pecans

GRAINS AND GREENS

- ½ cup (125 mL) baby spinach

One orange will give you the juice, zest and segments you need.

Muscle and bone --- Eating enough protein helps build and maintain muscle mass and healthy bones. Greek yogurt and cheese are delicious, versatile and good sources of protein.



MEALS IN A JAR SALADS ON THE GO

Delicious and nutritious, these salads are a cinch to make and pleasing to the eye. With just a bit of planning, you can prepare scrumptious, grab-and-go salads in no time flat.

Preparation:

- Make the salad dressing.
- Prepare the salad fixings.
- Place all the ingredients in a jar in the following order:
 - Salad dressing
 - Firm vegetables and fruit (cherry tomatoes, cucumber, onion, corn, celery, apple, grapes)
 - Soft vegetables and fruit (avocado, mushrooms, orange)
 - Protein
 - Grains and greens
- Cover tightly with the lid and refrigerate. Keeps up to 2 days.
- When it's time to eat, simply toss and enjoy!

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BY OUR DIETITIANS

FOR THE NUTRITIONAL
INFORMATION OF THESE
RECIPES, VISIT:
DFCPLC.CA/IARMEALS