

## COMMENTS:

1 For variety, instead of or in addition to the corn, add half of a chopped apple or red seedless grapes.

2 Although high in sodium, the strong flavor of blue cheese allows a little to go a long way. There are many blue cheese varieties and the amount of sodium varies with the type and brand of cheese. Stilton has the least, averaging 220mg per ounce and Roquefort, the most at 513mg. See COMMENTS #3, page 74, for other varieties and sodium amounts.

## TOSSED SALADS

### FAVORITE TOSSED SALAD

Sodium Per Serving – 71mg

Serves 6

*This is the tossed salad we serve most often in our family. For the dressing, I particularly like using a slightly sweet vinaigrette, but any dressing of your choice may be used.*

**1 head romaine lettuce, torn into bite-sized pieces, or 5 cups mixed greens**

**½ small sweet onion, thinly sliced**

**½ red bell pepper, sliced**

**½ cucumber, sliced**

**½ cup no-salt added corn<sup>1</sup>**

**1 large tomato, cut into bite-sized pieces**

**1 ounce Stilton cheese, crumbled (about ¼ cup) (optional)<sup>2</sup>**

**THE BEST VINAIGRETTE (page 92)**

▶ In a large bowl, mix together all ingredients, tossing well. Add freshly ground black pepper to taste and serve.

*NUTRITIONAL INFO PER SERVING (WITHOUT DRESSING): Calories 79, Fat 3g (Saturated Fat 1g), Cholesterol 8mg, Carbohydrates 10g (Fiber 3g, Sugar 6g), Sodium 71mg*

### VARIATION

#### CHICKEN, ROMAINE AND STILTON SALAD

For a main course salad for 4, add 12 ounces cooked chicken (cut into bite-size pieces) and increase the romaine to 1½ heads (or about 8 cups).

*NUTRITIONAL INFO PER SERVING (WITHOUT DRESSING): Calories 173, Fat 3g (Saturated Fat 2g), Cholesterol 57mg, Carbohydrates 12g (Fiber 4g, Sugar 7g), Sodium 121mg*

### TOTAL SODIUM AND FAT PER INGREDIENT

#### Sodium:

1 head romaine - 22mg  
or 5 c mixed greens - 25mg  
½ sweet onion - 5mg  
½ red bell pepper - 1mg  
½ cucumber - 2mg  
½ 15-oz can NSA corn - 15mg  
1 tomato - 6mg  
1 oz Stilton cheese - 220mg

#### Fat (Sat Fat):

1 head romaine - 1mg (0mg)  
or 5 c mixed greens - 0mg  
½ 15-oz can NSA corn - 1mg (0mg)  
1 oz Stilton cheese - 9mg (5mg)