

Jicama Summer Salad

(serves 6 (1-cup servings))

If you are new to jicama, peel it like a potato and dice. It is sweet and crunchy raw, like an apple.

Ingredients

Half of 1 jicama, peeled and diced
3 cups strawberries, sliced
6 oz. container blueberries
15 oz. can mandarin oranges, drained
1 Tbsp lime juice
2 1/2 Tbsp honey
1/2 tsp cinnamon



Directions

1. Wash hands with soap and water.
2. Wash produce under cool water before peeling and cutting.
3. In a large bowl, combine jicama, strawberries, blueberries, and mandarin oranges.
4. Mix together lime juice, honey, and cinnamon in a small bowl until well combined. Drizzle over jicama mixture.
5. Serve immediately or store in the refrigerator for up to 4 days.

Nutrition Facts per serving: 120 calories, 0g fat, 10mg sodium, 31g carbohydrate, 4g fiber, 1g protein

Recipe from Lisa Peterson, University of Illinois Extension

Bacon Potato Salad

(serves 8)

A mix of mayo, sour cream, and cream cheese gives this salad a unique tangy flavor.

Ingredients

2 pounds red potatoes, unpeeled and diced
4 green onions, sliced
1 celery rib, chopped
2 tsp minced chives (or additional green onion)
1/2 cup crumbled bacon bits

Dressing Ingredients

1/2 cup reduced-fat mayonnaise
1/2 cup reduced-fat sour cream
1/2 cup plain cream cheese, softened
1 Tbsp prepared yellow mustard
1/2 tsp salt
1/2 tsp pepper

Directions

1. Wash hands with soap and water.
2. Gently rub produce under cool running water.
3. Place potatoes in large saucepan and cover with water. Bring to boil and reduce heat. Cover and simmer for 10-15 minutes, or until potatoes are tender but not soft. Drain water from potatoes. Cool at room temperature for up to 30 minutes, and refrigerate, covered, in a large bowl until completely cooled.
4. In a small bowl, combine mayo, sour cream, cream cheese, mustard, salt, and pepper until smooth.
5. To bowl with cooled potatoes, add green onions, celery, chives, bacon, and dressing. Stir to coat. Cover and refrigerate until ready to serve.
6. Refrigerate leftovers and eat within 4 days.

Nutrition Facts per serving: 130 calories, 4g fat, 590mg sodium, 19g carbohydrate, 2g fiber, 7g protein

Recipe from Caitlin Mellendorf, University of Illinois Extension



Fiesta Quinoa Salad

(serves 8)

Quinoa is the grain of choice for this salad, but replace with rice for a variation.

Ingredients

1/2 cup uncooked quinoa
1/2 cup frozen corn, cooked
1/2 cup black beans, drained and rinsed
1/2 cup green or red bell pepper, chopped
1/3 cup red onion, chopped
1 whole jalapeño, seeded and chopped (optional)

Dressing Ingredients

2 Tablespoons oil
Juice from 1 lime
2 tsp fresh cilantro, chopped
1/2 tsp cumin
1/2 tsp garlic powder
1/4 tsp black pepper
1/4 tsp salt

Directions

1. In a saucepan, heat *1 cup water* to boiling. Add quinoa. Return to boiling; reduce heat. Cover and simmer for 10 minutes. Fluff with a fork. Set aside to cool.
2. Wash hand with soap and water.
3. Gently rub produce under cool running water.
4. Add cooled quinoa to a large bowl. Mix in corn, black beans, bell pepper, red onion, and jalapeño.
5. In a small separate bowl, whisk together oil, lime juice, cilantro, cumin, garlic powder, pepper and salt.
6. Add dressing to vegetable mixture and gently toss to coat. Cover and refrigerate for 2 hours prior to serving.
7. Refrigerate leftovers for up to 4 days.

Nutrition Facts per serving: 100 calories, 4g fat, 55mg sodium, 13g carbohydrate, 2g fiber, 3g protein



Recipe from *Meals for a Healthy Heart* curriculum, version 2016, University of Illinois Extension

Mocktato Salad

(serves 6)

No, this isn't the same as potato salad. But it's a fun way to make cauliflower.

Ingredients

1 medium head of fresh cauliflower
2 medium stalks of celery, diced
1/2 small onion, diced
1 tablespoon fresh parsley, finely chopped, or 1 teaspoon dried parsley
2 large eggs, hard boiled, shelled and diced
2 tablespoon light mayonnaise
1 tablespoon mustard
1/4 teaspoon salt



Directions

1. Wash hands with soap and water.
2. Gently rub produce under cool running water.
3. Chop head of cauliflower into small florets and rinse under water.
4. Add chopped cauliflower to a steamer basket. Insert steamer basket into a pot with 1" of water in the bottom. Cover pot with lid and steam cauliflower over medium-high heat until slightly tender, about 10 minutes.
5. Move cauliflower with tongs to an ice-bath for 1 minute. Drain water and move cauliflower to a large bowl.
6. Add celery, onion, parsley, and egg to bowl of steamed and cooled cauliflower.
7. In a small bowl, combine mayonnaise, mustard, and salt. Add to cauliflower mixture and stir to coat.
8. Serve immediately or store in refrigerator. Refrigerate leftovers for up to 4 days.

Nutrition Facts per serving: 70 calories, 3g fat, 230mg sodium, 7g carbohydrate, 2g fiber, 4g protein

Recipe from Eat.Move.Save., Illinois Nutrition Education Programs

Tabbouleh

(serves 6)

This lemony side salad is a light recipe for summer. Mix in cooked white beans, such as cannellini or garbanzo (chickpea) for extra fiber and protein.

Ingredients

1 cup dry bulgur wheat
1 cup water or broth
3 scallions (or green onions), chopped
1 small cucumber, chopped
1 tomato, chopped
1 cup chopped herbs, such as parsley, cilantro, and/or mint
1/4 cup olive oil
Juice and zest of 1 lemon
1 clove garlic, minced
1/4 tsp salt, optional
1/4 tsp ground black pepper



Directions

1. Rinse the bulgur and set in a medium bowl. Bring the water or broth to a boil and pour over bulgur. Let bulgur sit for half an hour at room temperature. Or follow package directions on cooking bulgur. If excess water remains, drain water. Set aside.
2. Wash hands with soap and water.
3. Gently rub produce under cool running water.
4. Add the scallions, cucumber, tomato, and herbs to a large bowl. Stir in cooked bulgur.
5. Mix oil, lemon juice, lemon zest, garlic, salt, and pepper in a separate bowl. Add lemon mixture into bulgur and stir to combine. Excess dressing will be absorbed with time.
6. Cover and refrigerate. Eat within 4 days.

Nutrition Facts per serving: 170 calories, 9g fat, 105mg sodium, 21g carbohydrate, 4g fiber, 4g protein

Recipe adapted from Kristin Bogdonas, University of Illinois Extension