



Trim Down Calories While Kicking Up Flavor: Asian-Inspired Salads Save The Day Just In Time For Summer

(NAPSA)—As summer approaches, many of us are looking to find healthy ways to cut calories from our daily diet without sacrificing flavor. Asian-inspired salads are a great choice for lunch or dinner since they are highly flavorful, versatile and packed with nutrients. With all these attractive qualities, you'll find yourself indulging in guilt-free freshness all summer long!

Salad is a figure-friendly staple but gets a bad reputation for being boring and tasteless. Asian-inspired salads offer flavors that fight the reputation. By adding simple ingredients like mandarin oranges, edamame or cucumbers, you can add flavor as well as the essential vitamins and minerals that your body needs. Add-ins such as bok choy or noodles will take your salad from a side dish to a hearty and filling meal. Sprinkle on some sesame seed oil or soy sauce for even more Asian flair.

Craving more? Add well-seasoned and lean pieces of stir-fried chicken, beef or pork to your salad. Grilled shrimp and other seafood options also get along swimmingly with salads. Top these proteins on a bed of crisp salad greens or fresh vegetables for a winning combination.

"Asian-inspired cuisine is popular because of the fresh ingredients and exciting flavor combinations," said Alice Crowder, Vice President of Marketing for Buffets, Inc. "Ryan's®, HomeTown® Buffet and Old Country Buffet® are welcoming the summer on a tasty note with a new Strawberry Mandarin Salad and made-fresh-for-you Teriyaki Pineapple Chicken stir-fry, available at all our restaurants for a limited time."

Check out this Asian-inspired salad recipe from the chefs at Ryan's, HomeTown Buffet, and Old Country Buffet to kick off your summer with full flavor.



This Strawberry Mandarin Salad can be a light yet filling lunch or a delightful dinner side dish.

Strawberry Mandarin Salad

Serves: 6–8 people

Making the Asian Sesame Dressing:

Soy sauce	¼ cup
Sesame oil	¼ tsp
Honey	1 Tbsp
Olive oil	½ cup
Ginger, fresh, minced	1 tsp
Garlic, chopped	1 tsp
Lemon juice	½ tsp
Rice wine vinegar	¼ cup
Sesame seeds	½ tsp

Place ingredients in mixing bowl and mix with wire whip until blended and smooth.

Making the Salad:

Spring Mix	2 qt
Asian Sesame Dressing (From above)	½ cup
Red onions, julienned ¼"	½ cup
Mandarin orange segments	½ cup
Craisins	2 Tbsp
Fresh strawberries, sliced ¼"	1 cup
Candied almonds	2 Tbsp

1. In serving bowl, toss Spring Mix with Asian Sesame Dressing until lightly coated.

2. Place on serving plate or in bowl.

3. Top with onions, oranges, Craisins, strawberries and candied almonds.

NOTE: Chilled pulled chicken is a wonderful complement to this salad.

For more information about the Buffets brands, visit www.Ryans.com, HomeTownBuffet.com and OldCountryBuffet.com, or visit their pages on Facebook.com.