

Salad Days

Salads Make It Easy To Get Your Veggies

(NAPSA)—If you've been tossing around ways to help your family eat better and provide good taste on their plates, consider a salad.

The 2005 Dietary Guidelines for Americans recommend three to eight servings of vegetables a day—yet it's estimated that one out of two people fall short of that number. That's where salads come in. They can be fast and delicious ways for families to get the veggies they need.

When making salads, select a variety of dark, leafy greens that are high in vitamins A and C. Experiment with different lettuce varieties such as arugula, butterhead, romaine, kale and leaf lettuce. Add a handful of baby spinach with dark green leaves which are rich in vitamin A.

Try these main dish KRAFT Salad-A-Day recipes. Each serving includes at least three servings of vegetables. They are a great-tasting way to help get the veggies you need.

Italian Chopped Salad

- 6 cups torn romaine lettuce
- 1½ cups chopped cooked boneless skinless chicken breasts
- 1 cup cooked small pasta, such as ditali or tubetti
- 1 cup cauliflower florets
- 2 large tomatoes, chopped (about 2 cups)
- 1 large green pepper, chopped (about 1 cup)
- ½ cup KRAFT Finely Shredded Italian Style Five Cheese Blend
- ½ cup KRAFT Zesty Italian Dressing



Think Green—Salads can be a delicious way to help families meet the recommended servings of veggies per day.

¼ cup KRAFT 100% Grated Parmesan Cheese

PLACE 1½ cups romaine on each of 4 salad plates.
COMBINE chicken, pasta, cauliflower, tomatoes, peppers and shredded cheese in large bowl. Add dressing; toss lightly. Spoon evenly over romaine.
SPRINKLE with Parmesan cheese.

Makes 4 servings.

Nutrition Information Per Serving:
320 calories, 15g total fat, 5g saturated fat, 60mg cholesterol, 870mg sodium, 20g carbohydrate, 4g dietary fiber, 7g sugars, 27g protein, 70% DV vitamin A, 120% DV vitamin C, 25% DV calcium, 10% DV iron.

Fresh Vegetable Chicken Salad

- 6 cups torn salad greens
- 2½ cups chopped cooked

boneless skinless chicken breasts

- 2 large tomatoes, chopped (about 2 cups)
- 4 medium carrots, shredded (about 2 cups)
- ½ cup KRAFT Ranch Dressing

TOSS salad greens with chicken, tomatoes and carrots in large bowl. Add dressing; mix lightly.
DIVIDE evenly among 4 individual serving plates.

Makes 4 servings.

Nutrition Information Per Serving:
310 calories, 15g total fat, 2.5g saturated fat, 80mg cholesterol, 420mg sodium, 13g carbohydrate, 4g dietary fiber, 7g sugars, 29g protein, 170% DV vitamin A, 40% DV vitamin C, 8% DV calcium, 10% DV iron.

For other nutritious KRAFT Salad-A-Day recipes, visit the website www.KraftSaladADay.com.