

Wonders of Wellness

Healthy Holiday

Salad Recipes

2013



*Salads:*

- a. Turkey Salad*
- b. Autumn Fruit Salad*
- c. Caprese Salad*
- d. LaRaine's Veggie Dinner Salad*
- e. Bev's Roasted Butternut Squash, Apple and Pecan Salad*
- f. Beet, Fennel, and Walnut Salad*

## Turkey Salad

*Prep Time: 20 minutes*

*Servings: 12 (2 oz. or ¼ cup)*

### Ingredients:

*3 cups of cooked turkey, chopped (light meat)*

*5 tablespoons of Light Hidden Valley Ranch Dressing*

*5 tablespoons Light Mayo*

*1 tomato, chopped*

*2 celery stalks, chopped*

*3 tablespoons chopped onions*

*1 tablespoon garlic powder (to taste)*

*1 tablespoon Poultry Seasoning (to taste)*

*Dash of pepper*

*Dash of salt*

### Directions:

*Combine all ingredients.*

*Makes 24 oz. or 3 cups.*

*Nutritional Facts:*

*Calories = 99.4*

*Fat = 4.7 g*

*Cholesterol = 26.3 mg*

*Sodium = 147.6 mg*

*Total Carbs = 2.7 g*

*Dietary Fiber = 0.3 g*

*Protein = 11.0 g*

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=227072>

## Autumn Fruit Salad

*Prep Time: 30 minutes*

*Servings: 10 (1/2 cup)*

### Ingredients:

*2 red delicious apples*

*2 Granny Smith apples*

*2 bananas, sliced*

*2 pears*

*2 cups red or green grapes*

*2 small containers Vanilla yogurt*

*1 tablespoon cinnamon, ground*

*½ teaspoon nutmeg, ground*

*1 teaspoon allspice, ground*

*Single serving packet of apple cider mix*

*½ cup almonds, slivered and toasted*

### Directions:

*Wash and core apples and pears, peeling if desired. Cut apples and pears into smallish chunks. Slice bananas in half*

*lengthwise, and then slice. Wash grapes and cut in half. Combine fruits and almonds in salad bowl. Mix yogurt with spices and cider. Pour over fruit salad and stir to coat fruits evenly.*

**Nutritional Facts:**

*Calories = 153.1*

*Fat = 3.5 g*

*Cholesterol = 0.2 mg*

*Sodium = 1.7 mg*

*Total Carbs = 30.4 g*

*Dietary Fiber = 4.0 g*

*Protein = 3.1 g*

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=140623>

## Caprese Salad

*Prep Time: 20 minutes*

*Servings: 6*

### Ingredients:

*1 ½ cups cherry tomatoes, halved*

*1 cup fresh mozzarella, large dice*

*½ cup fresh basil leaves, cut in strips*

*1 ½ tablespoons olive oil*

*4 tablespoons balsamic vinegar*



### Directions:

*Mix all ingredients and refrigerate for 1 hour.*

### Nutritional Facts:

*Calories = 140.9*

*Fat = 9.5 g*

*Cholesterol = 21.9 mg*

*Sodium = 182.9 mg*

*Total Carbs = 4.2 g*

*Dietary Fiber = 0.5 g*

*Protein = 9.5 g*

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=646907>

## *LaRaine's Veggie Dinner Salad*

*Servings: 4*

### *Ingredients:*

*½ head lettuce*

*¼ cucumbers, with peel on*

*¼ yellow bell pepper*

*1 cup bean sprout*

*3 green onions*

*1 medium tomato*

*1 cup mushrooms*



### *Directions:*

*Chop veggies and place in a bowl. Serve with your favorite salad dressing.*

### *Nutritional Facts:*

*Calories = 38.1*

*Fat = 0.4 g*

*Cholesterol = 0.0 mg*

*Sodium = 15.2 mg*

*Total Carbs = 8.1 g*

*Dietary Fiber = 2.5 g*



*Protein = 2.6 g*

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=50092>

## *Bev's Roasted Butternut Squash, Apple and Pecan Salad*

*Prep Time: 45 minutes*

*Cooking Time: 15 minutes*

*Servings: 6*



### *Ingredients:*

*2 lbs. butternut squash, peeled, deseeded and cubed (hardest part)*

*2 teaspoon canola oil*

*1 tablespoon pumpkin pie spice*

*½ cup red wine vinegar*

*¼ cup real maple syrup*

*5 Granny Smith apples, peeled, cut and cubed*

*½ cup pecans*

### *Directions:*

- 1. Pre-heat oven to 400 degrees.*
- 2. Mix squash with oil in a bowl. Sprinkle in the spice mix and toss to coat. Spread squash on an ungreased cookie sheet and bake for 15 minutes, or until golden.*

3. *In a small bowl, combine vinegar and maple syrup, pour over squash and bake for an additional 5 minutes.*
4. *Place apples and pecans in a large bowl and add hot squash mixture. Toss light and allow to cool before serving.*

**Nutritional Facts:**

*Calories = 245.3*

*Fat = 12.4 g*

*Cholesterol = 0.0 mg*

*Sodium = 165.9 mg*

*Total Carbs = 36.7 g*

*Dietary Fiber = 4.2 g*

*Protein = 1.8 g*

*(Note: Calories will lower if light maple syrup used instead of real maple syrup)*

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=453036>

## *Beet, Fennel, and Walnut Salad*

*Prep Time: 15 minutes*

*Servings: 10 (1 cup)*

### *Ingredients:*

*¼ cup balsamic vinegar*

*2 tablespoons fresh lemon juice*

*2 tablespoons extra-virgin olive oil*

*1 tablespoon pure maple syrup*

*1 teaspoon Dijon mustard*

*3 raw medium red beets, peeled, thinly sliced into matchstick-sized pieces*

*2 large fennel bulbs, thinly sliced into matchstick-sized pieces*

*2 medium carrots, grated*

*2 medium Granny Smith apples, thinly sliced into matchstick-sized pieces*

*½ cup raw walnuts, coarsely chopped*

*1 cup fresh cilantro, chopped*

### Directions:

1. Combine vinegar, lemon juice, oil, maple syrup, and mustard in a medium bowl; whisk to blend. Set aside.
2. Combine beets, fennel, carrots, apples, walnuts, and cilantro in a large serving bowl.
3. Drizzle dressing over salad; toss gently to blend.

### Nutritional Facts:

Calories = 124

Fat = 7 g

Cholesterol = 0 mg

Sodium = 67 mg

Total Carbs = 16 g

Dietary Fiber = 4 g

Protein = 2 g

[http://www.beachbody.com/product/newsletters/nl\\_539-13-healthy-thanksgiving-recipes.do](http://www.beachbody.com/product/newsletters/nl_539-13-healthy-thanksgiving-recipes.do)