Summer Salad Recipes

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Summer Salad Recipes

Expanded Food and Nutrition Education Program

This bulletin contains salad recipes which were prepared and consumed at an Expanded Food and Nutrition Education Program (EFNEP) annual training session held at Utah State University. Each nutrition assistant was asked to prepare a favorite salad for lunch and to also share the recipes. It was such a success we wanted to share it.

The recipes were analyzed for content of the following nutrients.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>RDA or Accepted Standard</th>
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</thead>
<tbody>
<tr>
<td>Total calories</td>
<td>2000</td>
</tr>
<tr>
<td>Protein, grams</td>
<td>50</td>
</tr>
<tr>
<td>Carbohydrate, grams</td>
<td>25</td>
</tr>
<tr>
<td>Fiber, grams</td>
<td>67 (30% or less of total calories)</td>
</tr>
<tr>
<td>Cholesterol, mg</td>
<td>300, or less</td>
</tr>
<tr>
<td>Total Fat, grams</td>
<td>22 (less than 10% of total calories)</td>
</tr>
<tr>
<td>Saturated Fatty Acid (SFA), grams</td>
<td>22</td>
</tr>
<tr>
<td>Monounsaturated Fatty Acid (MUFA), grams</td>
<td>22</td>
</tr>
<tr>
<td>Polyunsaturated Fatty Acid (PUFA), grams</td>
<td>22</td>
</tr>
</tbody>
</table>

Suggestions for use:

- Have participants bring the salads. This allows them to share their creative talents and provides lunch or refreshments.
- It is a natural for a lunch and learn series.
- The nutrient analysis information could be used for a discussion on controlling calories, limiting fat intake or increasing fiber in the diet.
- The suggestions in the revised Dietary Guidelines to increase fruit and vegetable consumption could be expanded.
- The two recipes for broccoli salad are a wonderful example of how to reduce calories and total fat by making ingredient adjustments.
- New and interesting salads are especially welcome during the summer season for family meals.

Georgia C. Lauritzen, Ph.D., R.D.
Extension Nutrition Specialist
BROCCOLI SALAD
Kay Evans

2 lbs. broccoli, finely chopped  ¾ cup light mayonnaise
½ cup cheese, grated  ¼ cup sugar
4 strips bacon  4 tsp. vinegar

Combine broccoli and cheese. Fry bacon; drain well and crumble. Add bacon to broccoli mixture. Prepare dressing by mixing mayonnaise, sugar and vinegar. Pour dressing over salad and toss; chill.

Yield: 6–8 servings  
Fat: 10.6 gm  
Calories: 164  
Cholesterol: 18 mg  
Protein: 6.4 gm  
SFA: 3.13 gm  
Carbohydrates: 13.3 gm  
MUFA: 1.58 gm  
Fiber: 1.5 gm  
PUFA: 3.87 gm

BROCCOLI SALAD
Ruby Pottle

2 large heads broccoli  2 cups mayonnaise
1 red onion  4 Tbsp. vinegar
1 lb. bacon  ½ cup sugar
1½ cups Cheddar cheese


Yield: 12–16 servings  
Fat: 39.4 gm  
Calories: 437  
Cholesterol: 51 mg  
Protein: 12.3 gm  
SFA: 10.44 gm  
Carbohydrates: 9.2 gm  
MUFA: 13.97 gm  
Fiber: .4 gm  
PUFA: 13.15 gm
**CHICKEN CANTALOUPE/RED GRAPE SALAD**  
*Susan Leeflang*

1¼ cups uncooked Rosa Marina, cook and drain  
2 large cantaloupe, cut or in melon balls  
3 Tbsp. oil  
4 tsp. orange juice  
4 tsp. vinegar  
1 tsp. salt  
4 cups cubed chicken or turkey

1 cup diced celery  
1 cup red seedless grapes (she adds more—about 4 cups)  
¾ cup mayonnaise or salad dressing  
¾ cup cashews  
½ tsp. grated orange rind (she uses about 1+ Tbsp.)

She adds more dressing and 1–2 tsp. sugar to the dressing. You can cut the cantaloupe in wedges and serve the salad in the wedges. You can make the salad in advance, especially to blend the flavors, but do not add the cashews until time to serve, as they will go soggy.

<table>
<thead>
<tr>
<th>Yield: 12 servings (generous)</th>
<th>Fat: 22 gm</th>
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<tbody>
<tr>
<td>Calories: 303</td>
<td>Cholesterol: 50 mg</td>
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<tr>
<td>Protein: 15.9 gm</td>
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<tr>
<td>Carbohydrates: 12.2 gm</td>
<td>MUFA: 7.54 gm</td>
</tr>
<tr>
<td>Fiber: 1.1 gm</td>
<td>PUFA: 9.16 gm</td>
</tr>
</tbody>
</table>

**CHICKEN ORIENTAL SALAD**  
*Maud Allen*

2 chicken breast halves  
2 Tbsp. slivered almonds, toasted or not as desired*  
½ head cabbage, finely chopped (about 4 cups)  
2 green onions, sliced  
1 package (3 ounces) Ramen oriental noodles, chicken flavor

2 Tbsp. toasted sesame seeds* (optional)  
1 Tbsp. sugar  
½ cup vegetable oil  
1 tsp. salt  
¼ tsp. pepper  
3 Tbsp. vinegar  
Salad greens  
Tomato wedges

Cook chicken in small amount of water, covered, until tender, about 20 to 30 minutes; skin, debone, and dice chicken to make 2 cups. Combine chicken with almonds, cabbage, green onions, and uncooked noodles that have been broken up with envelope of seasonings; set aside. In a glass jar combine sugar, oil, salt, pepper, and vinegar; shake until blended. Pour over salad; toss. Add more salt and pepper as needed. Cover and refrigerate for at least 2 hours or for as long as 24 hours. Serve on crisp salad greens garnished with tomato wedges.

*Toasted Sesame Seeds and Almonds: To toast sesame seeds, spread in shallow pan in single layer; bake at 350°F for 2 to 3 minutes, stirring occasionally. To toast slivered almonds, spread in single layer in shallow pan; bake at 350°F for about 5 minutes.
CHINESE SALAD
*Jessie Wang*

1 carrot, shredded  
1 cucumber, thinly sliced  
2 slices ham, chopped  
1 cup bean sprouts  
1 egg, hard cooked  
¼ tsp. salt  
¼ tsp. soy sauce  
1 tsp. sugar  
½ tsp. vinegar  
1 tsp. sesame oil  
2 Tbsp. peanut butter

Mix vegetables, ham and egg, and top with sauce made from remaining ingredients.

**Yield:** 4–6 servings  
**Fat:** 7.1 gm  
**Calories:** 121  
**Protein:** 9.8 gm  
**Carbohydrates:** 5.2 gm  
**Fiber:** .8 gm

COLESLAW
*Shirley Pewtress*

1 medium cabbage, finely shredded  
1 carrot, shredded  
½ tsp. celery seed  
1 Tbsp. cider vinegar  
1 tsp. honey  
¾ cup light Miracle Whip

Combine cabbage and carrot. Prepare dressing by mixing celery seed, vinegar, honey and Miracle Whip. Pour dressing over salad and toss; chill.

**Yield:** 8–10 servings  
**Fat:** 5.7 gm  
**Calories:** 80  
**Protein:** 1.3 gm  
**Carbohydrates:** 7.1 gm  
**Fiber:** 1.2 gm
**CRUNCHY GREEN PEA SALAD**  
*Bev Hill*

1 cup thawed green peas  
½ cup sliced celery  
½ cup chopped cauliflower  
2 Tbsp. diced green onion  
1 Tbsp. sliced pimento  
¼ cup sour cream  

½ cup Hidden Valley Ranch dressing  
½ tsp. Dijon mustard  
1 cup torn lettuce  
½ cup roasted cashews, macadamia nuts, roasted peanuts, or sunflower seeds

Combine peas, lettuce, celery, cauliflower, onion, pimento and nuts. Mix together sour cream, dressing and mustard. Toss together.

<table>
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<th>Yield: 4–6 servings</th>
<th>Fat: 15 gm</th>
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<tr>
<td>Calories: 185</td>
<td>Cholesterol: 11 mg</td>
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<tr>
<td>Protein: 4.5 gm</td>
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<tr>
<td>Carbohydrates: 9.8 gm</td>
<td>MUFA: 5.86 gm</td>
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<tr>
<td>Fiber: 1.6 gm</td>
<td>PUFA: 4.83 gm</td>
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**FESTIVE FRUIT SALAD**  
*Cleo Cervantez*

Combine in mixing bowl:  
1 can (1 6 oz.) fruit cocktail and juice  
1 can (20 oz.) pineapple tidbits and juice  
1 can (8 oz.) mandarin oranges, drained

Pour 1 small package banana instant pudding over fruit and mix well.

Add:  
2 bananas, sliced  
1 cup miniature marshmallows

<table>
<thead>
<tr>
<th>Yield: 6–8 servings</th>
<th>Fat: .3 gm</th>
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<tbody>
<tr>
<td>Calories: 152</td>
<td>Cholesterol: 0 mg</td>
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<tr>
<td>Protein: 1.1 gm</td>
<td>SFA: .07 gm</td>
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<td>Carbohydrates: 38.9 gm</td>
<td>MUFA: .04 gm</td>
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<tr>
<td>Fiber: 2 gm</td>
<td>PUFA: .09 gm</td>
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FIESTA BEAN SALAD
Doris Trush

1 can (16 oz.) each: red kidney beans, yellow wax beans, green beans, garbanzo beans, rinsed and drained
1 large red onion, sliced
1 large green pepper, sliced
½ cup vinegar
½ cup oil
1 cup sugar
Salt and pepper to taste

Combine beans, onion and green pepper in a large bowl. Mix vinegar, oil and sugar. Pour over bean mixture and stir well. Season with salt and pepper. Marinate at least 3 hours in refrigerator.

HOMEMADE SALAD DRESSING
Carla Staples

¾ cup sugar
½ cup water
½ cup white vinegar
¼ cup oil
¼ tsp. dry mustard
¼ tsp. prepared mustard
¼ tsp. salt
¼ tsp. pepper
Dash paprika, celery salt and garlic powder

Mix ingredients together and chill. Shake before using. Pour over salad greens and toss.
HONEY BEE AMBROSIA

Judy Hagan

Combine in large bowl and gently mix: Heat in small saucepan to blend:
3 medium oranges, peeled and cut into ½ cup orange juice
  pieces ¼ cup honey
2 bananas, peeled and sliced 2 Tbsp. lemon juice
1 pint strawberries or any fruit in season

Cool and pour mixture over fruit.

Optional: Sprinkle with ½ cup flaked coconut

Yield: 6–8 servings
Fat: .3 gm
Calories: 102
Cholesterol: 0 mg
Protein: 1.1 gm
SFA: .07 gm
Carbohydrates: 26 gm
MUFA: .04 gm
Fiber: 2.8 gm
PUFA: .11 gm

LENTIL CONFETTI SALAD

Peggy Okelberry

¼ lb. (½ cup) lentils ½ cup tomatoes, diced
1½ cups water ¼ cup chopped green pepper
1 tsp. salt 2 Tbsp. chopped onion
1 cup cooked rice Chopped parsley
½ cup Italian dressing

Wash and drain lentils. Bring lentils and salted water to a boil. Simmer, covered, for about 20 minutes. Do not overcook—lentils should be tender with skin intact. Drain immediately. Combine with cooked rice, pour dressing over rice and lentils and refrigerate until cool. Add remaining ingredients except parsley; mix well. Garnish with parsley before serving.

Yield: 5 servings
Fat: 14.9 gm
Calories: 250
Cholesterol: 0 mg
Protein: 6.6 gm
SFA: 2.22 gm
Carbohydrates: 23.3 gm
MUFA: 6.31 gm
Fiber: 2.6 gm
PUFA: 5.61 gm
MARINATED VEGETABLE SALAD

Frances Hernandez

1 head broccoli, cut in florets
1 head cauliflower, cut in florets
1 cup carrots, sliced
1 small red onion, sliced
1 tomato, diced
1 cup non-fat Italian dressing

Optional: Avocado, marinated artichoke hearts, or any vegetable.

Mix all ingredients and allow to marinate in refrigerator several hours.

<table>
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<tr>
<th>Yield: 6–8 servings</th>
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<td>Carbohydrates: 9.7 gm</td>
<td>MUFA: .04 gm</td>
</tr>
<tr>
<td>Fiber: 1.4 gm</td>
<td>PUFA: .11 gm</td>
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</tbody>
</table>

MEXICALI CHEDDAR BEAN SALAD

Mary Twitchell

1 can (16 oz.) each: black beans, kidney beans and navy or great northern beans, rinsed, drained
1 small red pepper, chopped
¾ cup chunky salsa
½ cup green onion slices
6 oz. (1 ½ cups) reduced-fat mild Cheddar cheese, cut into strips

Mix together all ingredients except cheese; chill. Toss with cheese before serving.

<table>
<thead>
<tr>
<th>Yield: 6–8 servings</th>
<th>Fat: 2.4 gm</th>
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<tr>
<td>Calories: 255</td>
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<tr>
<td>Protein: 19 gm</td>
<td>SFA: .21 gm</td>
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<td>Carbohydrates: 41.1 gm</td>
<td>MUFA: .08 gm</td>
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<tr>
<td>Fiber: 4.2 gm</td>
<td>PUFA: .42 gm</td>
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</table>

PINEAPPLE CHEESE SALAD

Becky Low

1 Tbsp. unflavored gelatin
¼ cup cold water
¾ cup sugar
1 cup crushed pineapple (drained—reserve juice)
1 cup grated cheese
1 cup evaporated skim milk, whipped and chilled

Soften gelatin in cold water. Add ½ cup pineapple juice drained from crushed pineapple and sugar. Heat over low heat until dissolved. Chill until syrup thickens. Add
crushed pineapple and grated cheese. Beat chilled evaporated milk until soft peaks form, fold into gelatin mixture. Spoon into mold, chill until firm.

<table>
<thead>
<tr>
<th>Yield: 6–8 servings</th>
<th>Fat: 4.8 gm</th>
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<tr>
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<tr>
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<tr>
<td>Carbohydrates: 26.7 gm</td>
<td>MUFA: 1.35 gm</td>
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<tr>
<td>Fiber: .1 gm</td>
<td>PUFA: .15 gm</td>
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</tbody>
</table>

PISTACHIO PUDDING SALAD

*Kay Miller*

1 pkg. (3 oz.) instant pistachio pudding  
2 cups milk  
1 cup crushed pineapple (drained)

2 cups miniature marshmallows  
1 (8 oz.) carton Cool Whip  
¼ cup crushed nuts (optional)

Prepare pudding according to package directions. Fold in pineapple, marshmallows and Cool Whip. Top with nuts. Chill 2–3 hours.

<table>
<thead>
<tr>
<th>Yield: 10–12 servings</th>
<th>Fat: 6.4 gm</th>
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<tbody>
<tr>
<td>Calories: 152</td>
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<td>Protein: 1.9 gm</td>
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<td>MUFA: .31 gm</td>
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<tr>
<td>Fiber: .1 gm</td>
<td>PUFA: .2 gm</td>
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</tbody>
</table>

RICE SALAD

*Sharlene Casey*

1½ cups uncooked rice  
3 cups water  
¼ tsp. salt  
½ tsp. oil  
4 eggs, hard cooked  
1 pkg. (10 oz.) frozen peas  
2 stalks celery, chopped  
3 green onions, chopped

1 can (6½ oz.) tuna, shrimp or crab  
2 Tbsp. pimento, chopped  
¼ cup green pepper, chopped  
¼ cup radishes, sliced  
¼ cup black olives, sliced  
¼ cup stuffed green olives, sliced  
2 small tomatoes, chopped  
Mayonnaise

Season to taste with: seasoned salt, onion powder, garlic powder, celery seed, salt and pepper.

Combine rice, water, salt and oil in saucepan. Bring to a boil; cover and reduce heat; simmer 20 minutes until rice is tender. Cool. Combine cooled rice and remaining salad ingredients. Moisten salad with mayonnaise and season to taste. Chill.

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<tr>
<th>Yield: 15–20 servings</th>
<th>Fat: 10.5 gm</th>
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<tr>
<td>Calories: 180</td>
<td>Cholesterol: 61 mg</td>
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<tr>
<td>Protein: 6 gm</td>
<td>SFA: 1.74 gm</td>
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<tr>
<td>Carbohydrates: 15.4 gm</td>
<td>MUFA: 3.28 gm</td>
</tr>
<tr>
<td>Fiber: 1.1 gm</td>
<td>PUFA: 4.84 gm</td>
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</table>
SAUERKRAUT SALAD
JoAnn Barker

2 medium onions, finely chopped ¾ cup sugar
1 small green pepper, finely chopped ½ cup vinegar
½ cup chopped celery 1 quart jar sauerkraut
½ cup Italian dressing

Mix all ingredients and let stand in refrigerator overnight.

Yield: 12–16 servings  
Fat: 4.7 gm  
Calories: 98  
Cholesterol: 0 mg  
Protein: .9 gm  
SFA: .71 gm  
Carbohydrates: 14.2 gm  
MUFA: 1.97 gm  
Fiber: .9 gm  
PUFA: 1.78 gm

SESAME BROCCOLI SALAD
Ching-Shiang Ho

1 Tbsp. sesame seeds 2 Tbsp. rice vinegar or white wine vinegar
1½ lbs. broccoli, cut in florets 2 tsp. oriental sesame or peanut oil
1 Tbsp. reduced-sodium soy sauce 1 tsp. honey

Preheat the oven to 325 °F. Spread the sesame seeds in a pie pan and bake, uncovered, shaking the pan frequently, until the seeds are golden. Set aside.

Bring 2 cups unsalted water to a boil in a large saucepan. Add the broccoli, cover and cook for 5 minutes or until tender and still crisp. Transfer drained broccoli to a serving dish.

Combine the soy sauce, vinegar, sesame oil and honey. Pour over the broccoli and toss well. Sprinkle with the sesame seeds and serve.

Yield: 4–6 servings  
Fat: 2.6 gm  
Calories: 59  
Cholesterol: 0 mg  
Protein: 3.8 gm  
SFA: .42 gm  
Carbohydrates: 7.7 gm  
MUFA: 1.0 gm  
Fiber: 1.5 gm  
PUFA: 1.0 gm

SHRIMP SALAD
Sandra Sprague

1 head of lettuce 2 cans of tiny shrimp
2 bunches of green onions ½ to 1 cup Miracle Whip
3 small or 2 large tomatoes Salt and pepper to taste

Yield: 10–12 servings  
Fat: 5.1 gm  
Calories: 83  
Cholesterol: 36 mg  
Protein: 5.3 gm  
SFA: .80 gm  
Carbohydrates: 4.2 gm  
MUFA: 1.09 gm  
Fiber: .8 gm  
PUFA: 2.91 gm
**SPAGHETTI SALAD**  
*Sonja Hunsaker*

1 pkg. (12 oz.) spaghetti  
1 cup celery, chopped  
1 cup cucumber, chopped and partially peeled  
1 medium red Bermuda onion, chopped  
1 pkg. (3½ oz.) pepperoni, sliced  
5 Tbsp. *Salad Supreme*  
1 bottle (16 oz.) fat-free Italian dressing  
1 large tomato, sliced

Break spaghetti into thirds and cook as directed on the package. Do not overcook. Drain spaghetti and rinse in cold water. Add celery, cucumber, onion, pepperoni, and Salad Supreme; toss with salad dressing. Marinate in refrigerator 6 to 8 hours. Toss occasionally to coat ingredients with dressing. Just before serving arrange tomato slices on top.

<table>
<thead>
<tr>
<th><strong>Yield:</strong> 10–12 servings</th>
<th><strong>Fat:</strong> 4.1 gm</th>
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</thead>
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<tr>
<td><strong>Calories:</strong> 172</td>
<td><strong>Cholesterol:</strong> 0 mg</td>
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<tr>
<td><strong>Protein:</strong> 5.8 gm</td>
<td><strong>SFA:</strong> 1.4 gm</td>
</tr>
<tr>
<td><strong>Carbohydrates:</strong> 27.4 gm</td>
<td><strong>MUFA:</strong> 1.82 gm</td>
</tr>
<tr>
<td><strong>Fiber:</strong> 1 gm</td>
<td><strong>PUFA:</strong> .54 gm</td>
</tr>
</tbody>
</table>

*Salad Supreme is a seasoning mix by Schilling*

**SUMMER FRUIT SALAD**  
*Cindy Higgs*

1 pkg. Dream Whip  
½ cup strawberries, halved  
1 cup raspberries  
½ cup seedless green grapes, halved  
2 medium peaches, sliced  
2 medium apples, sliced  
2 small bananas, sliced

Prepare Dream Whip according to package directions. Fold in all other ingredients and chill.

<table>
<thead>
<tr>
<th><strong>Yield:</strong> 8–10 servings</th>
<th><strong>Fat:</strong> 1.9 gm</th>
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<tbody>
<tr>
<td><strong>Calories:</strong> 87</td>
<td><strong>Cholesterol:</strong> 1 mg</td>
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<tr>
<td><strong>Protein:</strong> 1.1 gm</td>
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<tr>
<td><strong>Carbohydrates:</strong> 18 gm</td>
<td><strong>MUFA:</strong> .14 gm</td>
</tr>
<tr>
<td><strong>Fiber:</strong> 3.2 gm</td>
<td><strong>PUFA:</strong> .15 gm</td>
</tr>
</tbody>
</table>
TUNA IN TOMATOES
Karen Walker

6 cups water  2 Tbsp. minced onion
1 tsp. salt    ½ cup mayonnaise-style salad dressing
1 Tbsp. vegetable oil  ¼ cup plain yogurt
2 cups shell or elbow macaroni, cooked  2 Tbsp. lemon juice
1 can (7 oz.) water pack tuna, drained, ¼ tsp. salt
     flaked
½ cup minced celery    White pepper to taste
¼ cup chopped sweet pickle
¼ cup minced green pepper
½ cup cubed Swiss cheese

Place cold macaroni in large salad bowl with tuna, celery, sweet pickle, green pepper, cheese and onion. Set aside. In a small bowl, combine mayonnaise style salad dressing, yogurt, lemon juice, ¼ teaspoon salt and pepper. Add tuna mixture. Toss to coat all ingredients. Chill. Place tomatoes stem-end down on lettuce leaves. Cut each tomato from top center down to about ¼ inch from the stem end, making six equal sections. Spread sections apart. Sprinkle with salt to taste. Fill with chilled tuna salad. Garnish with parsley sprigs.

Yield: 6 servings  Fat: 11.8 gm
Calories: 258  Cholesterol: 17 mg
Protein: 16.3 gm  SFA: 3.03 gm
Carbohydrates: 22.5 gm  MUFA: 1.4 gm
Fiber: 1.9 gm  PUFA: 4.68 gm