

# Summer Salads



Use the word bank to find the hidden vegetables.

Words can be found going horizontal, vertical, diagonally or backwards.

W H T H A I H T B D S T X I V K  
P C X U Q C N G M E K C J H O C  
V A R O P A S L B B S R D O E A  
A B P S L Z N O I N O I C C B U  
F B N P B J K E R T E S Q D M C  
W A G B A U F B Q C D G F M U N  
L G I E O I F D H A J F H M S E  
E E S L O K N I R I M I L J H A  
Q R G L C A U L I F L O W E R O  
T H E P W L A J E O X H Y K O D  
S F V E N E Q Y C L T K A Q O P  
O P M P Z C Z C O M U L O R M R  
O P K P A Y O C P N R G V A G U  
M P O E Z R H A W D N N C M T T  
L E O R B O X R A D I S H E S H  
A C B U P N C X V B P K J I B U

## Word Bank

Bell Pepper	Cauliflower	Mushroom	Radishes
Broccoli	Eggplant	Onion	Turnip
Cabbage	Kale		



## Create a Salad

1. **Start with Greens**—One type or a mix. 2 cups of leafy greens is a serving.
2. **Add Some Color**—Vegetables or fruit (fresh, canned, or dried).  
Peas      Carrots      Tomatoes      Oranges  
Broccoli      Peppers      Berries      Cranberries
3. **Pick a Low-Fat Protein**—It helps you feel full.  
Egg      Tuna or salmon      Tofu  
Bean—cooked or canned (drained)      Cooked meats
4. **Dress it Lightly**—Dressings can add calories; use a small amount; try reduced-fat versions or make your own; thin dressings spread farther so you can use less.

**Use Toppings Sparingly**—Look for reduced-fat options. Cheese, seeds or nuts, bacon bits and croutons can add extra calories.

## Ranch Dressing

### Ingredients

- ¼ cup low-fat mayonnaise
- ½ cup low-fat buttermilk
- 1 teaspoon dried parsley
- 1 teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon each salt and pepper

### Directions

1. Combine all ingredients in a small bowl and stir until smooth. Cover and chill until ready to serve.
2. Refrigerate leftovers within 2 hours.

### Notes

- For a thinner dressing, add an extra 2 to 3 tablespoons of low-fat buttermilk.



## Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- Swish greens in a bowl of water to remove dirt.
- Peel or cut fruit or veggies.
- Measure and stir ingredients for salad dressings.



For tasty, healthy recipes and garden tips that fit your budget, visit [FoodHero.org](http://FoodHero.org)

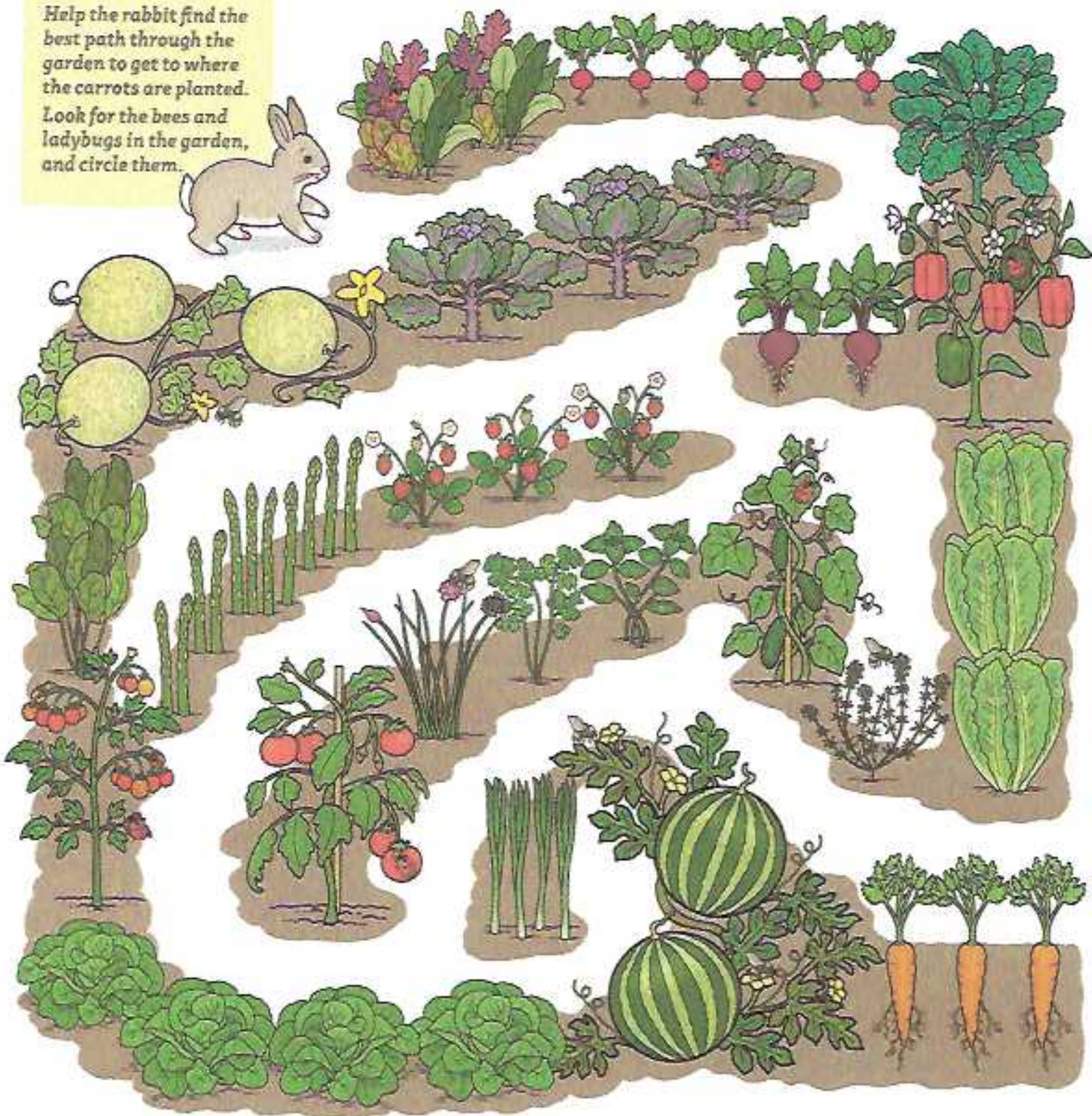


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# Garden Maze

Help the rabbit find the best path through the garden to get to where the carrots are planted. Look for the bees and ladybugs in the garden, and circle them.



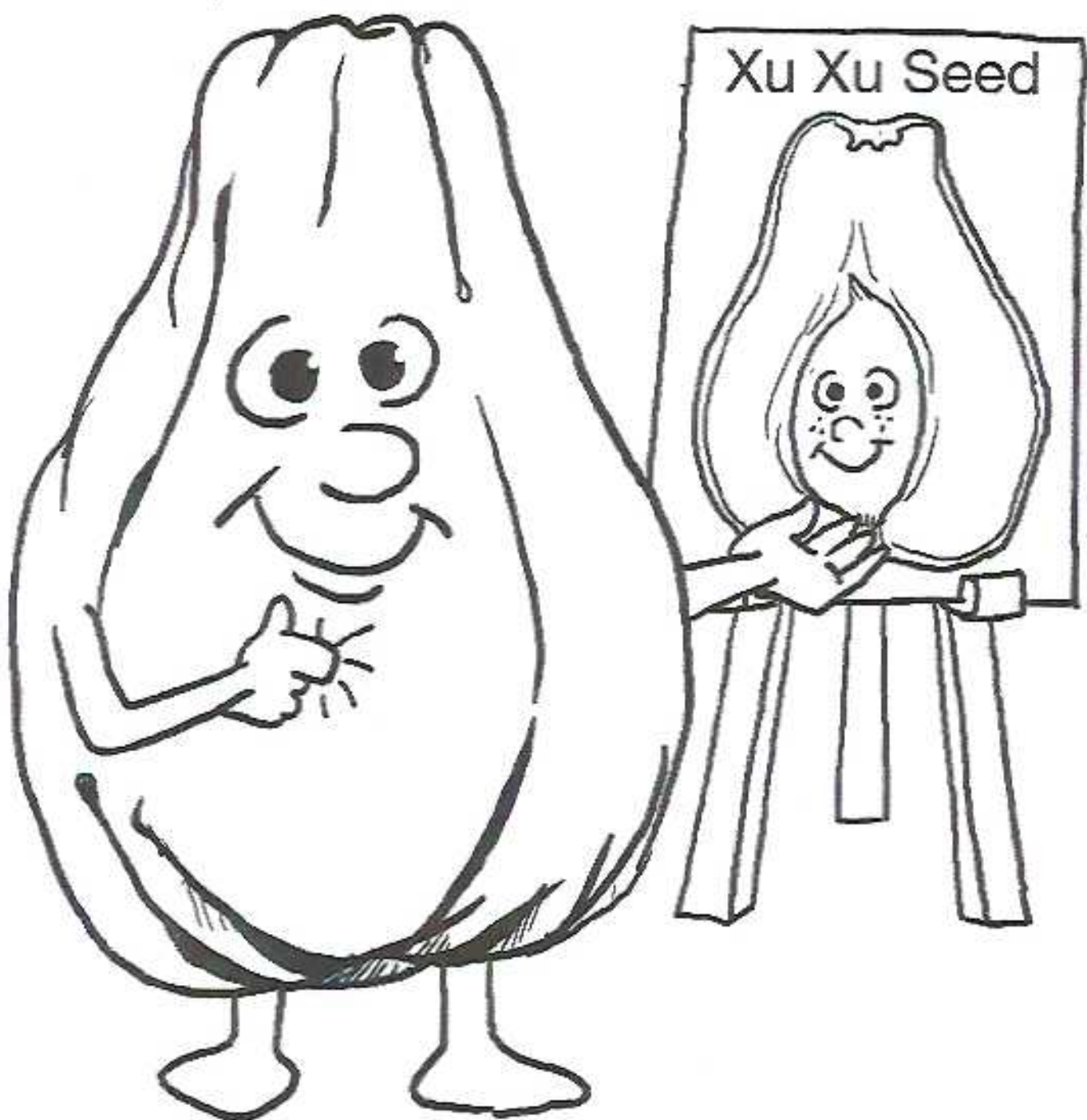
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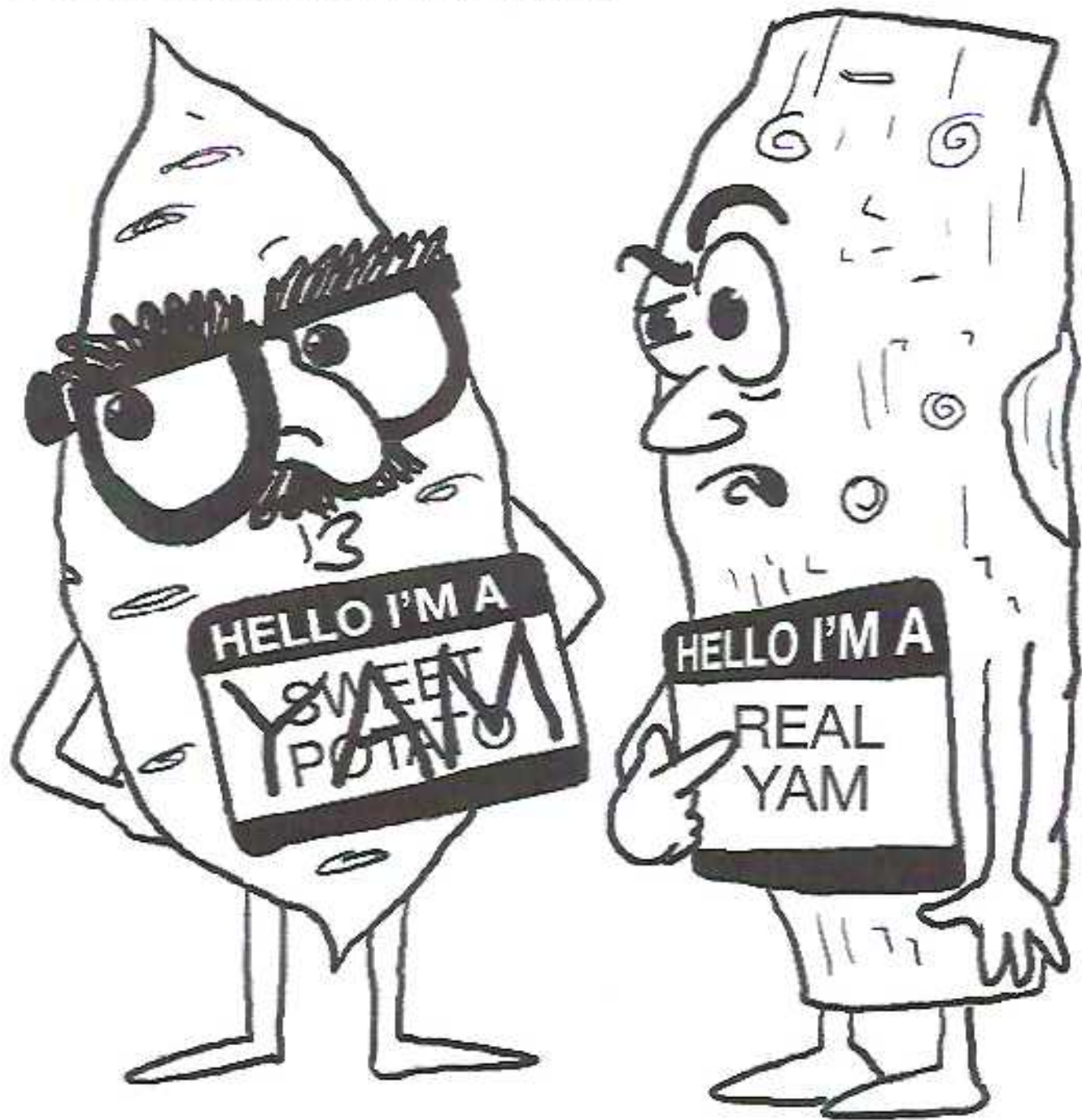
# X is for Xuxu

I bet you think there is not an X. You are wrong. X is for xuxu also called chayote (rhymes with coyote) squash a popular, tropical squash. It has one big seed like an avocado. It is often used cooked and can be pickled, fried, stuffed or boiled. It looks like a wrinkled green pear. See if you can find it in your store.



# Y is for Yams

Y is for Yams. It is a sweet, root vegetable grown in Africa, the Caribbean, and South America. Only a few true yams make it to the American market through specialty food stores. The next time you see yams for sale in your grocery store you can almost be certain it's not a true yam but a sweet potato. A true yam is the tuber of a tropical vine and not at all related to a sweet potato.



# U is for Ugli

Ugli is really ugly. It's puffy, sagging skin makes it look like a shriveled up grapefruit. On the inside, it is truly yummy. The inside is pinkish orange, sweeter than a grapefruit. It is easy to peel and the fruit pulls apart into nice neat sections that are almost seedless. Let's hear it for ugly fruit.

