

VYP

Vary Your Protein Recipe Series

Recipe Category: Cold Main Dish

Refreshing Green and Red Summer Supper

Yield: 2 servings

For the salad:

- 12 medium, ripe, fresh tomato slices, each about 1/4-inch thick
- 3 slices provolone or mozzarella cheese
- 1/2 cup (about 2 1/2 ounces) cooked, chopped pork, roast beef, turkey or chicken, without bones and trimmed of fat
- 2 tablespoons frozen green peas, thawed, set aside

For the salad dressing:

- 1 clove garlic, coarsely chopped
- 2 teaspoons dried basil leaves
- 1/4 teaspoon ground black pepper
- 1 teaspoon cooking oil
- 1 tablespoon chopped onion
- 1 tablespoon lime or lemon juice
- 1/4 cup skim milk
- 1/4 cup frozen green peas, thawed

1. Wash your hands and work area.
2. To make the salad, place 6 tomato slices on each of two dinner plates. Cut each slice of cheese into fourths. Place one piece of cheese on top of each tomato slice. Sprinkle 1/4 cup chopped cooked meat across each salad.
3. To make the salad dressing, combine the dressing ingredients in a blender or food processor. Blend until smooth.
4. Just before serving, drizzle half (about 4 tablespoons) of the dressing over each salad.
5. Sprinkle each salad with 1 tablespoon peas.
6. Cover and refrigerate leftovers within two hours.

For more information about healthy eating, contact your local extension office or log on to www.ksre.ksu.edu/humannutrition. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, "VYP Recipe Series," Feb. 2009. This material was funded by USDA's Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.



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Research and Extension

Meal suggestion:

Serve with corn-on-the-cob and crusty whole grain bread.

This recipe is especially good during the hot summer months when tomatoes are in season. It is an excellent source of vitamins A and C, and of calcium. It is a good source of dietary fiber and iron.

Nutrition Facts

Serving Size 1/2 salad (263g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g 18%

Saturated Fat 6g 30%

Trans Fat 0g

Cholesterol 50mg 17%

Sodium 350mg 15%

Total Carbohydrate 13g 4%

Dietary Fiber 3g 12%

Sugars 7g

Protein 21g

Vitamin A 40% • Vitamin C 35%

Calcium 30% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

1 carbohydrate choice per serving.