

# VYP

Vary Your Protein Recipe Series

Recipe Category: Cold Main Dish

## Seafood and Veggies Dinner Salad

Yield: 2 servings, 1 1/2 cups each

For the salad dressing:

- 1 tablespoon vegetable cooking oil
- 1 tablespoon vinegar (balsamic or red wine vinegar, if possible)
- 1 tablespoon unsalted tomato juice, or liquid from canned tomatoes, or water
- 1 teaspoon lime or lemon juice
- 1 teaspoon worcestershire sauce
- 1/4 teaspoon grainy mustard, such as spicy brown or dijon-style
- a dash of ground black pepper

For the salad:

- 6 ounces cooked boneless fish, chilled (such as crab-flavored or lobster-flavored surimi or light tuna canned in water and drained)
- 1/4 cup diced tomatoes, fresh or canned
- 1 tablespoon chopped onion (red, if possible)
- 1/4 teaspoon dried basil leaves
- 1/4 teaspoon dried parsley flakes
- 1/2 cup sliced boiled potatoes, chilled
- 1/2 cup green beans, thawed from frozen
- 2/3 cup cooked dry beans, any kind (such as black, great northern, chickpeas or kidney), cooked without salt, rinsed and drained
- 1 cup torn fresh salad greens, such as romaine or spinach
- 2 tablespoons shredded cheese, such as colby or cheddar

*(continued on reverse side)*



# K-STATE

Research and Extension

*Meal suggestion:*

*Serve with nectarines, whole grain crackers and low-fat milk.*

*This lean cold main dish is an excellent source of vitamins A and C, and dietary fiber. It is a good source of iron and calcium.*

## Nutrition Facts

Serving Size 1 1/2 cups (306g)  
Servings Per Container 2

Amount Per Serving

**Calories** 310    **Calories from Fat** 90

% Daily Value\*

**Total Fat** 10g    **15%**

Saturated Fat 2.5g    **13%**

Trans Fat 0g

**Cholesterol** 25mg    **8%**

**Sodium** 810mg    **34%**

**Total Carbohydrate** 41g    **14%**

Dietary Fiber 8g    **32%**

Sugars 9g

**Protein** 15g

Vitamin A 35%    •    Vitamin C 35%

Calcium 10%    •    Iron 15%

\*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

*3 carbohydrate choices per serving.*

For more information about healthy eating, contact your local extension office or log on to [www.ksre.ksu.edu/humannutrition/](http://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," Jan. 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.

## **Seafood and Veggies Dinner Salad** *(Continued)*

1. Wash your hands and work area.
2. For the salad dressing, combine ingredients in a small bowl. Stir well, using a fork. Set aside.
3. For the salad, in a serving bowl, stir all of the ingredients together.
4. Just before serving, stir salad dressing again and pour over salad.
5. Cover and refrigerate leftovers within two hours.