

THIS MONTH  
Superfood  
salads  
to love



## CHICKEN SPELT SALAD WITH STRAWBERRY VINAIGRETTE

SERVES 4

This colorful riff on the classic spinach strawberry salad delivers big time from bottom to top.

### SALAD

- 2 tsp (10 mL) grapeseed or sunflower oil
- 3/4 cup (180 mL) spelt
- 4 oz (112 g) soft goat cheese, room temperature
- 3/4 cup (180 mL) plain Greek yogurt
- 2 tsp (10 mL) fresh thyme
- Zest of 1 lemon
- 1/4 tsp (1 mL) salt
- 1/4 tsp (1 mL) black pepper
- 8 cups (2 L) spinach or other salad greens
- 1/2 cup (125 mL) sliced basil or mint
- 1 lb (450 g) cooked skinless, boneless chicken breast
- 4 red radishes, thinly sliced
- 1 yellow or orange bell pepper, thinly sliced
- 1/4 cup (60 mL) unsalted roasted sunflower seeds

### DRESSING

- 1 1/2 cups (350 mL) strawberries, hulled
- 2 Tbsp (30 mL) balsamic vinegar
- 2 tsp (10 mL) honey or maple syrup
- 2 tsp (10 mL) Dijon mustard
- 1 garlic clove, grated or minced
- 1/4 tsp (1 mL) salt
- 1/8 tsp (0.5 mL) crushed red pepper flakes
- 2 Tbsp (30 mL) olive oil

In saucepan, heat grapeseed oil over medium-high. Add spelt; stir to coat grains in oil and heat, stirring occasionally, until grains smell toasted, 3 to 5 minutes. Add pinch of salt and enough water to cover spelt by at least 2 in (5 cm). Bring to a boil, reduce heat to medium-low, and simmer until spelt is al dente, about 35 minutes. Drain spelt and spread out on baking sheet to dry.

In bowl, stir together goat cheese, yogurt, thyme, lemon zest, salt, and black pepper until creamy.

To make dressing, in blender container, place strawberries and 2 Tbsp (30 mL) water and blend until smooth. In fine-mesh sieve set over bowl, place puréed strawberries; let drain, pressing down with spatula and scraping underside of sieve. Discard seeds remaining in sieve. Into bowl with strawberry purée, stir balsamic vinegar, honey or maple syrup, mustard, garlic, salt, and crushed red pepper flakes. Slowly drizzle in olive oil, whisking constantly.

To assemble salad, spread goat cheese mixture on serving plates and top with salad greens, basil or mint, spelt, chicken, radish, and bell pepper. Drizzle strawberry dressing overtop and sprinkle with sunflower seeds.

**EACH SERVING CONTAINS:** 543 calories; 44 g protein; 22 g total fat (6 g sat. fat, 0 g trans fat); 44 g total carbohydrates (12 g sugars, 8 g fiber); 620 mg sodium



## GREEN GODDESS SALAD

SERVES 4

If green is the color of health, then this artfully prepared salad is the fountain of youth.

### PICKED BELL PEPPER (OPTIONAL)

- 1 large green bell pepper, sliced
- 2 tsp (10 mL) granulated cane sugar
- 1 tsp (5 mL) salt
- 2/3 cup (160 mL) cider or rice vinegar

### SALAD

- 2 cups (500 mL) sugar snap peas
- 12 thick asparagus spears, woody ends trimmed
- 8 cups (2 L) large pieces of green leaf, butterhead, or other lettuce
- 2 cups (500 mL) cooked or canned cannellini or navy beans, drained
- 2 Persian cucumbers or 1 English cucumber, chopped
- 1/4 cup (60 mL) unsalted shelled pistachios

### DRESSING

- 3 Tbsp (45 mL) olive oil, camelina oil, or avocado oil
- Juice of 1 lime
- 1 small avocado
- 1/2 cup (125 mL) basil
- 1/2 cup (125 mL) parsley
- 2 green onions, green parts only, or 1/4 cup (60 mL) chopped chives
- 2 garlic cloves, minced, or 2 chopped stalks green garlic
- 1/2 tsp (2 mL) salt

To make the optional pickled bell pepper, in large wide-mouth jar or bowl, place green pepper slices. In separate bowl, place sugar and salt and add 2/3 cup (160 mL) boiled water; stir until sugar and salt are dissolved. Stir in cider vinegar. Let cool for a few minutes and then add vinegar mixture to peppers. Cover and chill for at least 2 hours or up to several days.

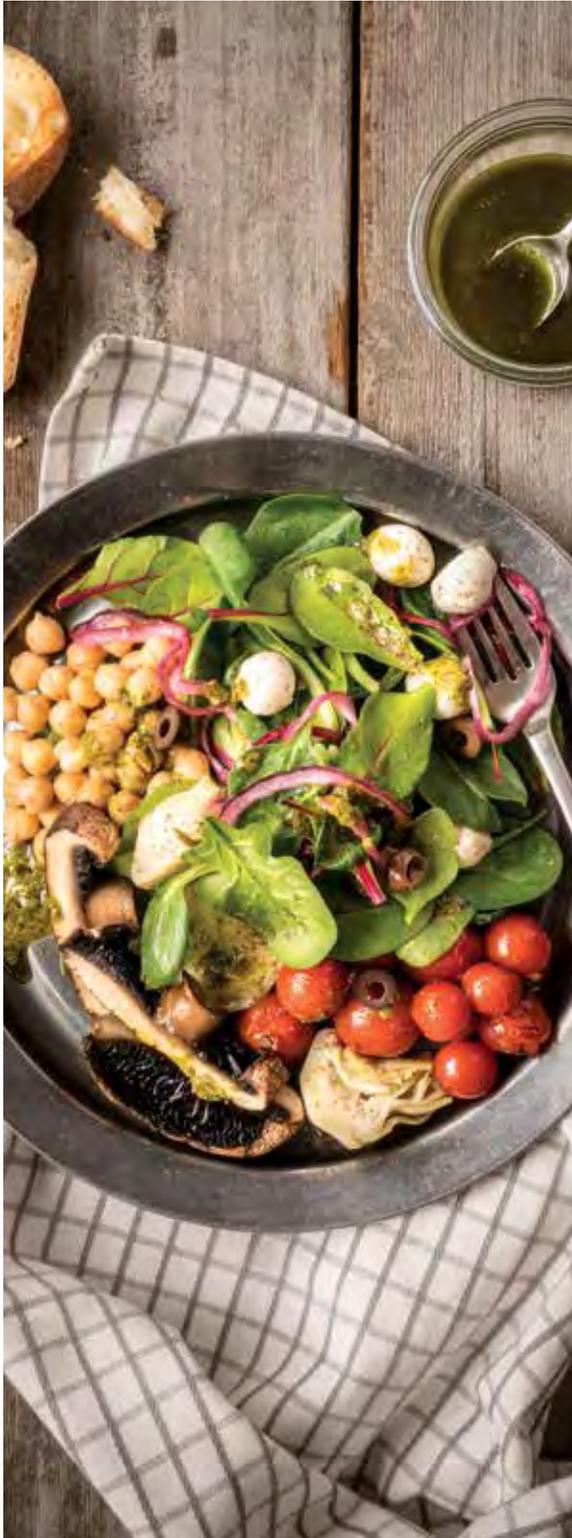
Half-fill medium saucepan with salted water and bring to a boil. Add snap peas and boil for 1 minute. Using slotted spoon, transfer peas to bowl of ice water to halt the cooking process.

Working with 1 asparagus spear at a time, use vegetable peeler to shave spears into long, thin shavings. Thinly slice remaining tips.

To make dressing, in blender container, place olive oil, 2 Tbsp (30 mL) water, lime juice, avocado, basil, parsley, green onions, garlic, and salt, and blend until smooth. Add more water, 1 Tbsp (15 mL) at a time, if needed to help with blending and to reach a desired smooth consistency.

To assemble salad, divide lettuce among serving plates or large bowls. Top with beans, pickled green peppers, cucumber, peas, and asparagus. Add dollops of dressing and scatter on pistachios.

**EACH SERVING CONTAINS:** 395 calories; 15 g protein; 20 g total fat (3 g sat. fat, 0 g trans fat); 45 g total carbohydrates (9 g sugars, 18 g fiber); 455 mg sodium



## GRILLED MUSHROOM SALAD WITH PESTO DRESSING

SERVES 4

Close your eyes, take a bite of this salad, and get ready for your taste buds to be whisked to the sunny Mediterranean.

### SALAD

- 1 cup (250 mL) thinly sliced red onion
- 1 Tbsp (15 mL) fresh lemon juice
- 1/2 tsp (2 mL) granulated cane sugar
- 1/4 tsp (1 mL) salt
- 4 large portobello mushrooms, stemmed
- 4 tsp (20 mL) grapeseed or sunflower oil, divided
- 1/2 tsp (2 mL) smoked paprika
- 2 cups (500 mL) cherry tomatoes
- 2 garlic cloves, minced
- 1 Tbsp (15 mL) red wine vinegar
- 8 cups (2 L) baby kale or baby spinach
- 2 cups (500 mL) cooked or canned chickpeas
- 1 cup (250 mL) marinated artichoke hearts, drained and sliced
- 4 oz (112 g) bocconcini (mozzarella pearls) or chopped fresh mozzarella
- 1/3 cup (80 mL) pitted and sliced olives

### DRESSING

- 2 Tbsp (30 mL) prepared pesto
- 2 Tbsp (30 mL) olive oil or camelina oil
- 1 Tbsp (15 mL) red wine vinegar

In bowl, place onion slices, lemon juice, sugar, and salt. With your hands, massage onions until tender and pink, about 2 minutes. Chill until ready to use.

Heat grill to medium-high. Brush both sides of mushroom caps with 2 tsp (10 mL) oil and season with paprika. Place mushrooms on grill grate and heat until tender with grill marks, about 2 minutes per side. When cool enough to handle, cut mushrooms into 1/2 in (1.25 cm) strips.

In skillet over medium, heat remaining oil; add tomatoes and garlic, and heat until tomatoes have softened and begun releasing their juices, about 3 minutes. Stir in red wine vinegar and season with salt and pepper.

To make dressing, whisk together pesto, olive oil, and vinegar.

To assemble salad, divide greens among serving plates and top with chickpeas, mushrooms, tomatoes, artichokes, bocconcini, onion, and olives. Drizzle on pesto dressing.

**EACH SERVING CONTAINS:** 535 calories; 17 g protein; 32 g total fat (7 g sat. fat, 0 g trans fat); 44 g total carbohydrates (11 g sugars, 12 g fiber); 683 mg sodium

# 25

percent of people surveyed often felt fatigue during the holiday season, with 20 percent feeling stress. Some techniques to help make the holidays more

enjoyable: carve out some time for yourself, don't go over budget or worry too much about making things perfect, and say no to a project that will create too much stress.



# 10

minute wait before deciding if you want a second helping should give your stomach enough

time to signal "I'm getting full" to your brain. Without pausing to stop, you're more likely to overeat and feel uncomfortably full. Take a little break, chat with others, and drink some water, and then you'll be more prepared to decide if you're still hungry for more.



# 300-500

calories are burned in a typical hour of water aerobics depending on the intensity, calculated based on a 155-pound (70 kg) person. Water fitness is helpful in other ways too, such as being low-impact, an excellent way to cross-train, and a fun workout. Look for programs at your local recreation center!

# 500

calories are found in a glass of eggnog, and a typical glass

of wine or beer can be anywhere from 150 to 225 calories. These are considered empty calories because they don't contain healthy nutrients—not to mention the dangers of alcohol overconsumption. Instead, try to focus on filling up on mostly healthy foods, with the occasional holiday indulgence.

# 47.5

grams of sugar can be found in one popular smoothie—that's far too much!

To make your own healthy smoothie at home for a snack or breakfast, use fruit and sweeteners in moderation, and load up on healthy additions such as plain Greek yogurt, vegetables, and natural nut butter.

