



Summer Recipes

Italian Mixed Vegetable Salad

Makes 4 servings

Leave it to the vegetable-loving Italians. This great vegetable-rich salad may be found everywhere in northern Italy, even in fast food restaurants like McDonald's.

This recipe has had a journey to become more healthy by reducing the amount of fat and sodium. With 1/4 cup oil and 1/2 teaspoon sea salt the calories from fats was 54% and the sodium content was 292mg per serving. With 3 tablespoons oil, the fat calories were 49%, and with 2 tablespoons oil 40%.

Red or White Balsamic Vinaigrette:

Makes 6 tablespoons

2 teaspoons extra virgin olive oil
3 tablespoons white or red balsamic vinegar
2 tablespoons water
1 clove garlic, pressed
1/4 teaspoon sea salt
Freshly-ground pepper

Salad:

1 quart water
2 ears corn
1 large carrot, cut in matchsticks
1 bunch red radishes or French breakfast radishes (also called rainbow or Easter Egg radishes), quartered
1 bulb fennel, quartered and very thinly sliced
1 head butter lettuce, torn
4 leaves radicchio, torn

1. Mix vinaigrette ingredients.

2. Bring water to boil in a 3-quart saucepan. Boil corn and carrot for 5 minutes and remove. Cut kernels from cob. (This cooking technique retains nutrients in the corn that are lost when corn is cut before cooking.) Add radish to boiling water for a minute and remove. Refrigerate.

3. Arrange lettuce and radicchio on the bottom of individual salad bowls. Compose 4 small mounds of each of the vegetables on top of the lettuce. Dress to serve.

For 4 servings, per serving:

Calories: 126 Protein: 4gm Carbohydrates: 23gm Fat: 3.4gm Saturated Fat: 0.5gm Fiber: 5gm Cholesterol: 0 Sodium: 123mg
Calories from Protein: 11% Calories from Fats: 22% Calories from Carbohydrates: 67%