Has the warmer weather got you wanting to spend more time outside and less time in the kitchen preparing meals? If fast food is one of your time-saving solutions for a quick meal, consider tossing a nutritious salad together instead! Create an easier and healthier meal in minutes, starting with pre-packaged salads.

Bagged salad kits are a great starting point to building a complete meal in minutes. They are accommodating conveniences, which include pre-washed lettuce, various greens, and the addition of extra vegetables. Add lean meat, beans, nuts or seeds and other fruits and vegetables, to make a wholesome, nutritious meal in no time.

Pre-packaged salads offer more variety with new blends of dark leafy greens, like romaine, arugula and baby spinach. They are good sources of many vitamins (such as vitamins A, C, and K) and minerals (including calcium and iron).

Try mixing these quick and easy meals together in minutes by combining the following ingredients with pre-packaged salad kits – your wallet (and waist) will thank you!

**CELEBRATE SUMMER WITH SALAD!**

**HY-VEE DIETITIANS’ TOP 5 SUMMER SALAD PICKS**

**Asian Chicken Salad**
1 bag Dole™ Field Greens* + mandarin oranges, cooked chicken, snow peas, crispy noodles, almonds and Asian sesame seed dressing

**Blackberry Salad with Avocado and Almonds**
1 bag Dole™ Baby Spinach* + celery, almonds, blackberries, avocado, feta cheese and raspberry vinaigrette

**Grilled Chicken Summer Salad**
1 bag Dole™ European Blend* + cooked chicken, almonds, strawberries, mandarin oranges and poppy seed dressing

**Southwest Caesar Salad**
1 bag Dole™ All-Natural Light Caesar Salad Kit + tomatoes, bell peppers, red kidney beans, cooked chicken, whole-kernel corn and red onion

**Springtime Spinach Salad**
1 bag Dole™ Baby Spinach + strawberries, asparagus, red onion, blue or feta cheese, and raspberry dressing

* = may be substituted with romaine or any other Dole™ salad blend

Recipe source: www.dole.com/recipes For full recipes and pictures, visit http://www.dole.com/Recipes and select the “Salad” category.

This newsletter is brought to you by your Hy-Vee Registered Dietitian.
WHAT’S NEW & EXCITING

BOB’S RED MILL ANCIENT GRAINS – MILLET
Create nutritious dishes with this versatile, whole grain powerhouse. Millet is gluten-free and an excellent source of fiber. This ancient grain is a good source of magnesium and phosphorus as well. Bob’s Red Mill Hulled Millet is a great alternative to rice in stir-fry and salads or a smart swap with that morning bowl of oatmeal!

SOMMERSAULT SNACK CO. CRUNCH NUGGETS
All natural crunchy nuggets baked with sunflower seeds and toasted grains, making them virtually nut free. There are five delicious flavors available in this snack: Pacific Sea Salt, Salty Pepper, Dutch Cocoa, Santa Fe Salsa, and Cinnamon Crunch. The Pacific Sea Salt and Salty Pepper are dairy-free and vegan. Sommersault snacks contain about 140 calories, 3g fiber, and 6g protein.

GT’S KOMBUCHA
A unique, refreshing drink with a blend of protective antioxidants and good-for-you probiotics! This tasty beverage aids in digestion and gut health, as well as boosting the immune system and energy levels. GT’s Kombucha has several flavors including: original, cherry chia, mystic mango, cosmic cranberry, passionberry bliss, and citrus.

Dietitian Pick of the Month
ALASKA SOCKEYE SALMON
Did you know?
Alaska sockeye salmon has superior texture, unmatched flavor and naturally brilliant red color from the icy cold Alaskan waters and a diet rich in krill.

Salmon:
• Its omega-3 fats (DHA and EPA) are the most beneficial fats for the heart, brain, eyes and triglycerides.
• Some of the highest amounts of omega-3 fats, compared with other fish.
• Excellent source of protein.
• Considered a very good source of Vitamin B12 and B6, niacin, selenium and thiamin.
• High NuVal Score: 82

Easy to Use
• Sear, grill, smoke, bake or broil
• Top with fruit salsa
• Use leftover salmon with leafy greens for a delicious salad

Dietitian Recipe of Month
SEARED SALMON WITH GREEN PEPPERCORN SAUCE
Serves 4. Active time: 15 minutes Total time: 15 minutes

ALL YOU NEED
1 1/4 pounds wild salmon fillet, skinned and cut into 4 portions
1/4 teaspoon plus a pinch of Hy-Vee salt, divided
1/4 cup Hy-Vee lemon juice
4 teaspoons Hy-Vee unsalted butter, cut into small pieces
2 teaspoons Hy-Vee canola oil

ALL YOU DO
1. Sprinkle salmon pieces with 1/4 teaspoon salt.
2. Heat oil in a large nonstick skillet over medium-high heat. Add the salmon and cook until just opaque in the center, gently turning halfway, 4 to 7 minutes total. Divide among 4 plates.
3. Remove the pan from the heat and immediately add lemon juice, butter, peppercorns and the remaining pinch of salt; swirl the pan carefully to incorporate the butter into the sauce. Top each portion of fish with about 2 teaspoons sauce.

Test Kitchen Tip: To skin salmon, place fillet on a clean cutting board, skin side down. Starting at the tail end, slip the blade of a long, sharp knife between the fish flesh and the skin, holding the skin down firmly with your other hand. Gently push the blade along at a 30-degree angle, separating the fillet from the skin without cutting through either.

Nutrition facts per serving: 226 calories; 11g fat (4g sat, 4g mono); 76mg cholesterol; 1g carbohydrate; 0g added sugars; 28g protein; 0g fiber; 28mg sodium; 543mg potassium. Nutrition bonus: Potassium (16% daily value), omega-3s. Carbohydrate servings: 0

Source: adapted from Eating Well, Inc.

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The information is not intended as medical advice. Please consult a medical professional for individual advice.