

Steak and Corn Salad

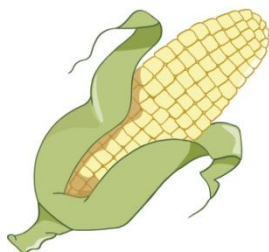
A delicious way to enjoy summer corn!

- 1 head romaine lettuce
- 1 pound beef steak
- 2 cooked ears of corn
- Cherry tomatoes
- Low fat ranch salad dressing

- 1 Season steak with salt and pepper. Grill steak. Remove from heat and let sit for 3 minutes and then cut into slices.
- 2 Cut lettuce into small pieces. Cut tomatoes into halves. Cut kernels off the cobs of corn.
- 3 Place corn, tomatoes and lettuce into a large bowl. Top with salad dressing. Toss together until vegetables are coated.
- 4 Divide vegetables on 4 plates.
- 5 Place steak slices on top of salads. Serve.

Variations

- Use grilled chicken instead of steak.
- Drain and rinse canned black beans or garbanzo beans. Add some beans to your salad.
- Use leaf lettuce instead of romaine lettuce.



Make your salads colorful with fresh fruits and vegetables this summer!

Children love to eat colorful food.
And so do moms and dads.



Choose dark green Lettuce

It's got more color and more nutrition – a good source of vitamins A, K, C, folate and fiber.

Romaine lettuce is a favorite lettuce for salads. It has a mild taste along with crisp leaves which make a refreshing meal on a hot summer day.

Romaine lettuce works well in salads with chicken, steak or shrimp. Its hearty leaves don't easily wilt.

Enjoy a salad at lunch, dinner or even breakfast.

- Try a breakfast salad with chopped lettuce, cottage cheese and fruit (canned peaches or pears, fresh blueberries or strawberries).
- Serve a small salad with sandwiches at lunch. Toss chopped lettuce and tomatoes, sunflower seeds, and low fat salad dressing together.
- Create a dinner salad with grilled chicken or beef. Use fresh corn this summer in the Steak and Corn Salad.

Make half your plate fruits and vegetables

The Steak and Corn Salad is an easy way to make half your plate fruits or vegetables.



Berry Picking

Summer brings special treats – strawberries, blueberries and raspberries. Visit your local farmer’s market or berry patch. Pick the freshest berries. They taste wonderful in the summer – fresh and sweet!

Freeze Berries for Later Treats

- 1 Pick fresh strawberries, raspberries or blueberries. Rinse off the berries. Do not let berries sit in water.
- 2 Arrange berries on baking sheets. Place in the freezer and freeze.
- 3 Remove frozen berries from baking sheets and pack into freezer bags.
- 4 Frozen berries can be kept in the freezer for up to 6 months.

Enjoy Frozen Berries:

- Toss some thawed berries on your breakfast cereal.
- Top low fat yogurt with berries for breakfast.
- Blend together 1 cup milk and 2 cups frozen berries for a smoothie.



Get Veggies ready for the week

Clean and prepare veggies after shopping. Store in your refrigerator – ready to snack on, make a salad, or add to a dish while cooking.

Salads will be easy to make when the veggies are ready to use!

Wash, trim and chop vegetables.

Put the vegetables on the top shelf in your refrigerator.

Don’t hide them in a drawer. You’re more likely to remember to eat them if you can see them.

- ✓ Have baby carrots ready for snacking.
- ✓ Rinse off strawberries, blueberries or raspberries. Place berries in a bowl in the refrigerator. Serve at lunch or dinner.
- ✓ Drink a glass of orange juice at breakfast.
- ✓ Add spinach leaves to a salad or sandwich.
- ✓ Keep a dish of cherry tomatoes on the counter. Serve a few at lunch or dinner.
- ✓ Rinse off grapes. Keep a bowlful of grapes in the refrigerator on the top shelf – where you will see them and want to eat them.
- ✓ Put some veggies (carrots, cherry tomatoes) in a small plastic bag. Take veggies or fruits with you. It will stop you from buying snacks at the grocery store or gas station when you’re away from home.



What can you do?

- Pick berries this summer, and freeze some for later.
- Make the Steak and Corn Salad for my family.
- Choose dark green lettuce for salads this summer.
- Other: _____