

## Mediterranean Salads

Try these hearty antioxidant-packed options instead of the same old sandwich or salad at lunch.

### Balsamic Fig and Walnut Salad

1 cup greens + ¼ cup parsley + ¼ cup chopped walnuts + 3 dried figs + 2 tsp olive oil + 1 tsp balsamic + Greek yogurt



**Provides:** 530 calories, 28 grams fat (3 grams saturated), 55 grams carb, 19 grams protein, 8 grams fiber

### White Bean Tuna Salad

1 cup greens + cherry tomatoes + ¼ cup parsley + ½ cup white beans + ½ can tuna + 2 tsp olive oil + 2 tbsp parm cheese + ½ tbsp lemon juice



**Provides:** 410 calories, 17 grams fat (5 grams saturated), 35 grams carb, 38 grams protein, 9 grams fiber

### Pea and Parmesan Salad

1 cup greens + ¼ cup mint + 1 cup peas + ¼ cup parmesan cheese + 2 tsp olive oil + ½ tbsp lemon juice + 1 slice wheat bread



**Provides:** 420 calories, 18 grams fat (5 grams saturated), 44 grams carb, 23 grams protein, 15 grams fiber

### Apple and Almond Grain Salad

1 cup shredded kale (or spinach) + ¼ cup mint + 1 cup cooked bulgur (or other cooked grain) + 20 almonds + 1 apple + 2 tsp olive oil + 1 tsp apple cider vinegar



**Provides:** 520 calories, 22 grams fat (2 grams saturated), 76 grams carbs, 13 grams protein, 18 grams fiber

### Roasted Cauliflower Salad

1 cup roasted cauliflower + ¼ cup parsley + ½ cup chickpeas + 2 tbsp dried currants (or cranberries) + 5 olives + 1 tbsp tahini + 2 tsp olive oil + ½ tbsp lemon juice + ½ whole wheat pita



**Provides (per tbsp):** 520 calories, 25 grams fat (3 grams saturated), 69 gram carb, 14 grams protein, 13 grams fiber

### Roast Your Vegetables (e.g. zucchini, carrots, eggplant, broccoli, onions, peppers, cauliflower)

Chop vegetables. Toss in olive oil and season with salt. Roast in 400 degree oven until caramelized (about 20 minutes).

