SALADS ON THE GO
DAIRY FARMERS OF CANADA
ORANGE POPPY SEED SALAD
GREEK SALAD
MEXICAN PASTA SALAD
BEEF CAESAR SALAD
GREEN APPLE AND BRIE SALAD
BROCCOLI SALAD

BROCCOLI SALAD

SALAD DRESSING
- **2 tbsp (30 mL)** plain Greek yogurt
- **1 tsp (5 mL)** honey
- **½ tsp (2.5 mL)** white vinegar

VEGETABLES AND FRUIT
- **1 tbsp (15 mL)** chopped red onion
- **½ cup (80 mL)** halved grapes

PROTEIN
- **⅓ cup (80 mL)** cubed Canadian Cheddar
- **2 tbsp (30 mL)** chopped pecans

GRAINS AND GREENS
- **½ cup (125 mL)** broccoli florets

Complete proteins — Dairy products contain complete proteins that help develop and maintain muscle mass. What's more, including protein at every meal or snack helps you feel full and reduces those cravings for less nutritious foods.

GREEN APPLE AND BRIE SALAD

SALAD DRESSING
- **2 tbsp (30 mL)** sour cream
- **1 tsp (5 mL)** balsamic vinegar
- **1 pinch** of garlic powder

VEGETABLES AND FRUIT
- **½** green apple, diced
- **2 tbsp (30 mL)** dried cranberries

PROTEIN
- **⅓ cup (80 mL)** cubed Canadian Brie*
- **2 tbsp (30 mL)** pumpkin seeds

GRAINS AND GREENS
- **⅓ cup (80 mL)** cooked quinoa
- **½ cup (125 mL)** chopped spinach

To mix things up, use pear instead of apple.

Enjoy your lunch break — Lunch is a good time to re-energize your body and your mind. After a nutritious meal, be sure to get outside for some fresh air for a more productive afternoon.

**For more recipe ideas with Brie, visit:*
dfcplc.ca/YumBrie

BEEF CAESAR SALAD

SALAD DRESSING
- **1 tbsp (15 mL)** sour cream
- **1 tbsp (15 mL)** plain Greek yogurt
- **½ tsp (2.5 mL)** lemon juice
- **1 tsp (5 mL)** Dijon mustard
- **¼ tsp (1 mL)** garlic powder
- **1 tsp (5 mL)** Worcestershire sauce
- **½ tsp (2.5 mL)** dried oregano

VEGETABLES AND FRUIT
- **1 tbsp (15 mL)** diced celery
- **4** cherry tomatoes, halved
- **¼ cup (60 mL)** diced mushrooms

PROTEIN
- **2 tbsp (30 mL)** grated Canadian Parmesan
- **½ cup (125 mL)** cubed cooked beef

GRAINS AND GREENS
- **½ cup (125 mL)** torn romaine lettuce

Save time! — Cook extra meat or poultry at dinnertime and use the leftovers in salads.

MEXICAN PASTA SALAD

SALAD DRESSING
- **2 tbsp (30 mL)** sour cream
- **2 tbsp (30 mL)** salsa (mild, medium or hot)

VEGETABLES AND FRUIT
- **¼ cup (60 mL)** diced avocado
- **4** cherry tomatoes, halved
- **¼ cup (60 mL)** diced English cucumber
- **2 tbsp (30 mL)** frozen corn kernels

PROTEIN
- **¼ cup (60 mL)** cubed Canadian Cheddar
- **¼ cup (60 mL)** canned mixed beans (reduced sodium), rinsed

GRAINS AND GREENS
- **½ cup (125 mL)** cooked fusilli pasta

To eat the salad right away, thaw the corn before adding it.

Creamier salad dressings — If you like rich and creamy salad dressings, you'll love our recipes using sour cream or plain yogurt.

GREEK SALAD

SALAD DRESSING
- **1 tbsp (15 mL)** sour cream
- **1 tbsp (15 mL)** plain Greek yogurt
- **1 tsp (5 mL)** Greek seasoning (store-bought or homemade)

VEGETABLES AND FRUIT
- **1 tbsp (15 mL)** chopped red onion
- **4** cherry tomatoes, halved
- **2 tbsp (30 mL)** diced English cucumber
- **1 tbsp (15 mL)** sliced Kalamata olives

PROTEIN
- **2 tbsp (30 mL)** crumbled Canadian Feta*
- **½ cup (125 mL)** diced cooked chicken

GRAINS AND GREENS
- **½ cup (125 mL)** torn romaine lettuce

Calcium — Did you know that dairy products are a good source of calcium that's easily absorbed by your body? Consume calcium-rich foods every day to help maintain bone mass.

**For more recipe ideas with Feta, visit:*
dfcplc.ca/YumFeta

ORANGE POPPY SEED SALAD

SALAD DRESSING
- **2 tbsp (30 mL)** plain Greek yogurt
- **1 tsp (5 mL)** poppy seeds
- **2 tsp (10 mL)** maple syrup
- **2 tsp (10 mL)** orange juice
- **¼ tsp (1 mL)** orange zest

VEGETABLES AND FRUIT
- **¼ cup (60 mL)** diced green apple
- **1** celery stalk, diced
- **¼ cup (60 mL)** orange segments

PROTEIN
- **⅓ cup (80 mL)** grated Canadian Mozzarella
- **2 tbsp (30 mL)** chopped pecans

GRAINS AND GREENS
- **½ cup (125 mL)** baby spinach

One orange will give you the juice, zest and segments you need.

Healthy weight management — A calorie-reduced diet that includes a healthy proportion of milk products helps support weight loss while providing protein and calcium that help maintain lean body mass, including muscles and bones.

MEALS IN A JAR

SALADS ON THE GO

Delicious and nutritious, these salads are a cinch to make and pleasing to the eye. With just a bit of planning, you can prepare scrumptious, grab-and-go salads in no time flat.

Preparation:
- Make the salad dressing.
- Prepare the salad fixings.
- Place all the ingredients in a jar in the following order:
  - Salad dressing
  - Firm vegetables and fruit (cherry tomatoes, cucumber, onion, corn, celery, apple, grapes)
  - Soft vegetables and fruit (avocado, mushrooms, orange)
  - Protein
  - Grains and greens
- Cover tightly with the lid and refrigerate. Keeps up to 2 days.
- When it's time to eat, simply toss and enjoy!

DAIRY FARMERS OF CANADA
BROUGHT TO YOU BY OUR DIETITIANS

FOR THE NUTRITIONAL INFORMATION OF THESE RECIPES, VISIT:
DFCPLC.CA/JARMEALS

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