

Soups & Salads

You can include more fruits and vegetables in your family's meals by combining a variety of produce into soups or salads. These nutrient-rich options can be easy to make for lunch or dinner.



BROTHY BENEFITS:

- *Soups are an easy, healthy way to serve vegetables. The more veggies you add, the more nutrition (and flavor) you get!*
- *Tossing all the ingredients into a large pot or slow cooker makes for a healthy meal without the hassle. Make one large batch and refrigerate it for meals throughout the week.*
- *Soups aren't just for winter. Summer soups are also refreshing and nutritious year-round.*

THREE-STEP SOUP: *It's easy to make almost any soup by sautéing vegetables, adding broth and spices, and letting it simmer for about 30 minutes.*

SAVORY SUGGESTIONS

- For delicious soups, choose low-sodium broth or water as a base. Cream-based soups are **WHOA** picks with added fats.
- *Recipe for homemade vegetable broth:* Add chopped onion, carrots, and celery to 2 quarts of water, along with 1-2 tablespoons of olive oil, some garlic, bay leaves, and herbs like thyme and parsley. Simmer for 30 minutes to an hour. Strain to remove the vegetables.
- Spice up your soups with garlic, cayenne pepper, cumin, or basil. Flavorful veggies, like green chilies and onion, are also great additions!
- Frozen and canned vegetables are options for year-round nutrition, but choose low-sodium varieties.
- Choose brown rice or whole-grain pasta if including in soups.
- If you decide to include meat, use lean meats or drain excess fat before adding.

SNAZZY SALADS!

- Leafy greens, especially dark greens like spinach and kale, are full of nutrients like Vitamins A and K.
- Avoid added fat and calories from croutons, cheese, sour cream, bacon bits, ham, and dressings. Choose healthy toppings like chopped nuts, such as walnuts, almonds, or sunflower seeds, or dried fruit, like cranberries or raisins.
- Add sliced apples, pears, berries, or citrus for a touch of sweetness to your salads.
- Keep dressing on the side, and try healthy dressings like lemon juice, vinegar, salsa, and vinaigrette dressing.
- Salad bars often have mixed salads, like chicken or tuna salad, that are **WHOA** foods. Skip these, and choose more veggies, grilled meats, or hard-boiled egg whites instead.
- *Try this quick recipe:* fresh spinach, sliced avocado, red onion, orange slices, and chopped walnuts. Drizzle with 1 teaspoon olive oil and orange juice, and sprinkle some dried oregano or black pepper!