**Summer Salads Email Blurbs**

Week 1

Welcome to the first of nine weekly emails of summer salads recipes! Fear no more about defaulting to your basic green salad … these can be used as a side dish on any weekday night or even showcased for your next BBQ or pool party.

The star ingredient this week is *wheat berries*. They are whole, unprocessed wheat kernels that are extremely nutritious and similar to barley. They are a fantastic source of fiber, which promotes digestive health, helps lower blood cholesterol and blood sugar levels, helps in weight management, and encourages regular bowel movements. *Heads up – this requires overnight soaking, so prepare the wheat berries the night before!*

Week 2

This week we will be introducing the *Multi Bean Salad.* This recipe is probably the quickest and cheapest out of all the recipes but packed with a ton of fiber and protein. Don’t be fooled, this meatless recipe only has *0.6g of saturated fat* and is quite filling! You will need green and yellow beans, and a can of bean medley. However, feel free to jazz this up by adding corn, avocado, sweet bell peppers, etc. You can even make it a main dish by adding quinoa or bow tie pasta!

Week 3

Time to introduce some Asian flavours into these salads. If you love stir-fry but are watching your carbohydrate intake, try this fun variation! Rather than having rice at the bottom and veggies on top, this salad allows you to eat more vegetables than rice. Not only does it have more fiber with the brown rice, but there’s additional Vitamin A from the carrots, and very little sodium when you skip the stir-fry sauce.

Week 4

Can you say “KEEN-wah?” This week’s recipe features the amazing and mysterious quinoa, but what is it?! Many researchers refer to it as a *pseudocereal* because it is consumed like a cereal grass (wheat, oats, etc) but actually belongs to the family of spinach, swiss chard, and beets. Quinoa contains a strangely high amount of two antioxidant flavonoids that sometimes is *greater* than high-flavonoid berries (cranberries or lingonberries). Quinoa is also a good source of protein and oleic acid (monounsaturated fat) (www.whfoods.com). When you pair this rockstar with spinach, tomatoes, chickpeas and feta, this salad will be unbeatable.

Week 5

This week takes a spin on the typical California strawberry spinach salad and features raspberries, mangos, avocados and mixed greens. This recipe takes advantage of peak season produce with the unique flavours of a homemade raspberry vinaigrette. Add chicken or beans to make it a lunch or light dinner! This is a great time saver if you’re in a rush because it’s all about simple but bright toppings in this salad.

Week 6

This salad is a FIESTA! It has seven layers of goodness that puts a healthy makeover on a Midwestern classic. From top to bottom it includes romaine lettuce, peas, yellow pepper, tomatoes, celery, scallions, homemade tangy and healthy mayo dressing, cheddar cheese, basil, and bacon. Make sure you find a nice clear bowl for this because you’ll want people to see it!

Week 7

You can’t have a summer BBQ without corn and this Mexican salad makes sure of that! You get the crisp from corn, sweetness from mangoes, and protein and fiber from black beans. Black beans are actually one of the best money-saving ways to make any dish heartier and healthier. Just 1 serving of black beans (1 cup) will provide *15g of fiber* (over half of your daily value), and *15g of protein* (nearly 1/3 of your daily value). Give this vegetarian option a try with some fajitas or tacos while skipping out of the steak!

Week 8

If you love avocados, this salad is for YOU! Recent research has shown that the *absorption of two important carotenoid antioxidants*, lycopene (in tomatoes) and beta-carotene (in carrots) increases between 200-400% when 1 cup of fresh avocado is added to an otherwise avocado-free salad ([www.whfoods.com](http://www.whfoods.com))! Although carotenoids are mostly in in bright orange or red vegetables, the dark green flesh of avocados (near the skin) contains a lot of carotenoids. Avocado’s spectacular array of carotenoids is a key factor in the anti-inflammatory properties making this salad, a healthy (and tasty) choice.

Week 9

This is the last week of the Summer Salads email campaign! Now that you have an entire toolkit of salad recipes, this week will supply you with three healthy and delicious salad dressings. This includes a Classic Vinaigrette – a very versatile dressing that is great on any green salad; Greek Yogurt Caesar Salad Dressing – surprisingly creamy without the fat; and Orange Poppy Seed Dressing – a fun and easy addition to make any salad “pop.” If you don’t have time to make a dressing each time you prepare a salad, try making a larger portion (to fit a small mason jar) so that you can use it for the rest of the week or two.