



## Build Your Own Salad

The last week in July is National Salad Week. What a great time to celebrate fresh produce and cool off from the warmer weather! Try these tips below to build your own delicious, colorful salad:

**Start with the base.** Choose a salad leafy green that you enjoy, whether that be butter lettuce, romaine lettuce, spinach leaves, or mixed salad greens. This first step is a great source of vitamin A and vitamin C. Red and dark leafy vegetables are generally higher in antioxidants compared to lighter colored greens.

**Pick a protein.** Salads tend to be naturally carbohydrate heavy with all the vegetable options. Balance it out with a protein source that will keep you fuller for longer. Add 3oz (or the size of your palm) of lean meat, chicken, tuna salad, salmon, or chickpeas for a vegetarian option.

**Dress it up with homemade dressing.** Creating your own dressing can be as simple as olive oil, lime juice, vinegar, and seasonings of your choice. For a creamier option, start with Greek yogurt as the base. Keep it light with the dressing by starting with 1-2 tablespoons and add more if needed.

**Add your toppings.** While your salad can be complete with a leafy green, protein, and homemade dressing, the fun part is all the toppings that can be added to your salad! You can begin by adding whatever ingredients you have in your kitchen. Aim for a colorful salad with peppers, carrots, red onions, peppers, and feta cheese. Toppings can determine the overall flavor and texture of your salad. For a sweeter salad, add sliced fruit like apples, oranges, or dried cranberries. For a crunchier salad, add nuts and seeds like almonds, walnuts, or sunflower seeds.

The options for tasty salads are endless. They can be a fun way to introduce new vegetables to young ones or simply empty your fridge before anything expires! You can visit [clickncook.org](http://clickncook.org) for more inspiration on delicious salads.

## Food Safety Tip

Fresh produce that will be eaten raw should be kept separate from raw animal products like meat, poultry, and seafood. Be sure to wash cutting boards, dishes, utensils, and countertops when preparing produce and raw meats. Best practice is to start with preparing produce first, clean everything, and prepare meats to minimize bacterial contact and growth.



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[GBFB.org/SNAP](http://GBFB.org/SNAP)



## Nutrition Facts

Salad Skewers  
Amount Per Serving

Calories 91 Calories from Fat 45

	% Daily Value*
<b>Total Fat</b> 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 7mg	2%
<b>Sodium</b> 371mg	15%
<b>Potassium</b> 341mg	10%
<b>Total Carbohydrates</b> 12g	4%
Dietary Fiber 2g	8%
Sugars 4g	
<b>Protein</b> 2g	4%
<b>Vitamin A</b>	80%
<b>Vitamin C</b>	61%
<b>Vitamin D</b>	0%
<b>Calcium</b>	3%
<b>Iron</b>	5%

\* Percent Daily Values are based on a 2000 calorie diet.

# Salad Skewers

Salads don't have to be in a bowl! Switch it up with salad ingredients on a skewer for a fun way to enjoy your fresh produce!

## Ingredients

- 1 English cucumber
- 1 pint grape tomatoes
- 1 romaine lettuce heart
- 1 large bell pepper
- 1 pkg thinly sliced Italian salami 4 oz
- Wooden appetizer picks
- 3/4 cup light ranch dressing

## Directions

1. Slice the cucumber. Halve the grape tomatoes. Quarter the romaine lengthwise, then cut crosswise into 1-inch chunks. Seed the pepper and cut into 1-inch chunks.
2. Thread cucumber, grape tomato halves, romaine chunks, pepper chunks, and salami onto appetizer picks. Refrigerate up to 1 day. Serve with the ranch dressing.

Makes 6 servings

## LOOKING FOR RECIPE INSPIRATION?

Check out Click 'N Cook®, our online recipe database at [clickncook.org](http://clickncook.org)



## What can you do with: Corn



**Choosing:** When selecting fresh corn, choose ears with green husks, fresh silks, and tight rows of kernels. Corn can also be available frozen and canned for convenience.

**Storing:** Refrigerate corn with husks on and store for 1-2 days. Corn is best consumed as soon as possible, unless frozen.

**Preparing:** Corn is traditionally prepared by boiling. However, it can be steamed, grilled, roasted, and microwaved. To shuck corn, pull the husks down the ear and snap off the stem at the base. To remove the silk, run the corn under cold running water and rub in a circular motion or use a stiff vegetable brush. To remove the corn from the cob, you can use a sharp paring knife.

**Uses:** Corn can be used as a tasty side dish with seasonings on the cob or as the whole kernels. It can be added to dishes like rice bowls, salads, and soups.

**Nutrition:** Corn is high in fiber which keeps the digestive track running smoothly. It is also a good source of B vitamins like niacin and folate, which help your nervous system and energy levels.

**Fun Fact:** Corn has an even number of rows on each cob!

**A CLICK N' COOK RECIPE**  
MORE AT: [CLICKNCOOK.ORG](http://CLICKNCOOK.ORG)

## Whole Grain Corn Bread



### Ingredients

- 3/4 cup whole wheat flour
- 3/4 cup yellow cornmeal
- 3 tablespoons Parmesan cheese
- 2 teaspoons chili powder
- 1 teaspoon salt
- 3/4 cup + 2 tablespoons milk, low fat
- 2 tablespoons oil
- 2 tablespoons honey
- 1 large egg
- 1 cup canned corn, drained

### Directions

1. Preheat oven to 425°F.
2. In a medium bowl, combine flour, cornmeal, cheese, chili powder, and salt.
3. In a separate bowl, whisk milk, oil, honey, and egg until combined. Add to dry ingredients.
4. Mix until well blended. Add corn. Mix well again.
5. Spoon batter into greased muffin pans or loaf pans.
6. Bake for 18 minutes or until lightly browned.
7. Cool on wire racks.



## National Picnic Month

Not only can you celebrate the warm, beautiful month of July with your own tasty salad, you can also celebrate by getting outside and having a picnic with your friends and family.

To plan a picnic, start with choosing a location. Picnics can be at the park, beach, or even your own backyard! Bring a large blanket if there are no picnic tables at your desired location.

When packing your food, be mindful of food safety. Here are tips on how to keep your food safe on a picnic:

- Put cold food in a cooler with ice or ice packs. Keep it below 40 degrees Fahrenheit to prevent bacterial growth.
- Put beverages in a separate cooler from perishable foods to limit the amount of times that the cooler is opened.
- Clean your produce by rinsing under running tap water before packing them away.

A picnic is not just a great way to enjoy food outside, it can be a good way to stay active. Add an activity like walking around a park, tossing a frisbee, or throwing a ball.

Picnics don't have to be difficult or expensive. With these tips in mind, you will be sure to have a great time!



## July 2023

**National Pickle Month**

**National Baked Bean Month**

**National Culinary Arts Month**

**National Caesar Salad Day**

July 4

**National Apple Turnover Day**

July 5

**National Blueberry Muffin Day**

July 11

**National French Fry Day**

July 13

**National Tapioca Pudding Day**

July 15

**Official Hot Dog Day**

July 23

**National Lasagna Day**

July 28