

## Steak and Corn Salad

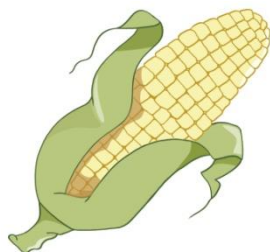
A delicious way to enjoy summer corn!

- 1 head romaine lettuce
- 1 pound beef steak
- 2 cooked ears of corn
- Cherry tomatoes
- Low fat ranch salad dressing

- 1 Season steak with salt and pepper. Grill steak. Remove from heat and let sit for 3 minutes and then cut into slices.
- 2 Cut lettuce into small pieces. Cut tomatoes into halves. Cut kernels off the cobs of corn.
- 3 Place corn, tomatoes and lettuce into a large bowl. Top with salad dressing. Toss together until vegetables are coated.
- 4 Divide vegetables on 4 plates.
- 5 Place steak slices on top of salads. Serve.

### Variations

- Use grilled chicken instead of steak.
- Drain and rinse canned black beans or garbanzo beans. Add some beans to your salad.
- Use leaf lettuce instead of romaine lettuce.



Make your salads colorful with fresh fruits and vegetables this summer!

Children love to eat colorful food.  
And so do moms and dads.



### Choose dark green Lettuce

It's got more color and more nutrition – a good source of vitamins A, K, C, folate and fiber.

Romaine lettuce is a favorite lettuce for salads. It has a mild taste along with crisp leaves which make a refreshing meal on a hot summer day.

Romaine lettuce works well in salads with chicken, steak or shrimp. Its hearty leaves don't easily wilt.

### Enjoy a salad at lunch, dinner or even breakfast.

- Try a breakfast salad with chopped lettuce, cottage cheese and fruit (canned peaches or pears, fresh blueberries or strawberries).
- Serve a small salad with sandwiches at lunch. Toss chopped lettuce and tomatoes, sunflower seeds, and low fat salad dressing together.
- Create a dinner salad with grilled chicken or beef. Use fresh corn this summer in the Steak and Corn Salad.

### Make half your plate fruits and vegetables

The Steak and Corn Salad is an easy way to make half your plate fruits or vegetables.



## Berry Picking

Summer brings special treats – strawberries, blueberries and raspberries. Visit your local farmer’s market or berry patch. Pick the freshest berries. They taste wonderful in the summer – fresh and sweet!

### Freeze Berries for Later Treats

- 1 Pick fresh strawberries, raspberries or blueberries. Rinse off the berries. Do not let berries sit in water.
- 2 Arrange berries on baking sheets. Place in the freezer and freeze.
- 3 Remove frozen berries from baking sheets and pack into freezer bags.
- 4 Frozen berries can be kept in the freezer for up to 6 months.

### Enjoy Frozen Berries:

- Toss some thawed berries on your breakfast cereal.
- Top low fat yogurt with berries for breakfast.
- Blend together 1 cup milk and 2 cups frozen berries for a smoothie.



## Get Veggies ready

for the week

Clean and prepare veggies after shopping. Store in your refrigerator – ready to snack on, make a salad, or add to a dish while cooking.

Salads will be easy to make when the veggies are ready to use!

Wash, trim and chop vegetables.

### Put the vegetables on the top shelf in your refrigerator.

Don’t hide them in a drawer. You’re more likely to remember to eat them if you can see them.

- ✓ Have baby carrots ready for snacking.
- ✓ Rinse off strawberries, blueberries or raspberries. Place berries in a bowl in the refrigerator. Serve at lunch or dinner.
- ✓ Drink a glass of orange juice at breakfast.
- ✓ Add spinach leaves to a salad or sandwich.
- ✓ Keep a dish of cherry tomatoes on the counter. Serve a few at lunch or dinner.
- ✓ Rinse off grapes. Keep a bowlful of grapes in the refrigerator on the top shelf – where you will see them and want to eat them.
- ✓ Put some veggies (carrots, cherry tomatoes) in a small plastic bag. Take veggies or fruits with you. It will stop you from buying snacks at the grocery store or gas station when you’re away from home.



### What can you do?

- Pick berries this summer, and freeze some for later.
- Make the Steak and Corn Salad for my family.
- Choose dark green lettuce for salads this summer.
- Other: \_\_\_\_\_