

04/05/09 - Cool Off with a Summer Salad

## **Cool Off with a Summer Salad**

**With summer days come hot, humid weather and everyone trying to find a way to stay cool. Summer also means light meals that are cool and refreshing. One of the better ways to accomplish this is to have a salad. Not just any salad but a summer salad.**

**Summer salads made with fruits and vegetables are cool and refreshing. They aren't heavy and can be quite nutritional. These salads are also easy to throw together, which is great on those days when running here and there can take its toll.**

**What works best in a summer salad? Lettuce of course tops the list. It's cool and refreshing and even the crisp sound gives us a little relief. There are many other foods such as fresh fruits and vegetables that also work well in a summer salad.**

**Fruits and vegetables are plentiful in the summer months. Farmer's markets, fruit and vegetable stands and even the grocery stores are filled with the wonderful smells and colors of these fresh little wonders.**

**Let's start with vegetable salads. What vegetables make the best types of salad? Just about any will work. Tomatoes and cucumbers are some favorite vegetables. Tomatoes comes in all shapes and colors in the summer months. Everyone knows about red tomatoes, but yellow and orange are also quite popular. From cherry tomatoes to large beefy tomatoes, there's quite a variety to choose from.**

Peppers are also a great veggie addition to your salads. Bell peppers can add color and taste to a summer salad. Green, red, yellow, purple and orange peppers not only look pretty, but they taste great too. Don't forget the squash and zucchini. These give your salad a little crunch and a lot of flavor.

What about fruit? Fruit is also in abundance during the summer months. Strawberries, raspberries, apples, peaches and pears along with fruits of the citrus family can be found very easily.

Try a citrus salad. Mix oranges, lemons and limes together. Add some yogurt for a little sweetness and sprinkle on the nuts. Citrus fruits not your thing? Try strawberries, bananas and grapes. Mix in marshmallows and some whipped topping. Add a cherry or two and you have a fruit salad that will satisfy even the pickiest eater.

Any number of fruits and vegetables can be tossed together to form a great summer salad. Use your imagination and concoct a different salad each day of the week. Using fresh ingredients and keeping them cool will allow you to experience the awesome taste of these salads, without sweating to death in the process.