

Favorite Tossed Salad

Sodium Per Serving – 71mg

Serves 6

1 head romaine lettuce, torn into bite-sized pieces, or 5 cups mixed greens

1/2 small sweet onion, thinly sliced

1/2 red bell pepper, sliced

1/2 cucumber, sliced

1/2 cup NSA corn*

1 large tomato, cut into bite-sized pieces

1 oz Stilton cheese, crumbled (about 1/4 cup) (optional)*

[The Best Vinaigrette](#)

1. In a large bowl, mix together all ingredients, tossing well. Add freshly ground black pepper to taste and serve.
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NUTRITIONAL INFO PER SERVING (WITHOUT DRESSING): Calories 79, Fat 3g (Saturated Fat 1g), Cholesterol 8mg, Carbohydrates 10g (Fiber 3g, Sugar 6g), Sodium 71mg

Variation:

Chicken, Romaine and Stilton Salad

For a main course salad for 4, add 12 oz cooked chicken (cut into bite-size pieces) and increase the romaine to 1 1/2 heads (or about 8 cups).

NUTRITIONAL INFO PER SERVING (WITHOUT DRESSING): Calories 173, Fat 3g (Saturated Fat 2g), Cholesterol 57mg, Carbohydrates 12g (Fiber 4g, Sugar 7g), Sodium 121mg

***Recipe Notes**

1. For variety, instead of or in addition to the corn, add half of a chopped apple or red seedless grapes.
2. Stilton is milder and firmer than other blue cheeses, plus it has much less sodium, 220mg per oz (Gorgonzola has 350mg, Blue has 395mg, and Roquefort, 513mg).