



Build a Better Salad

Salads seem like they would be the healthiest choice when it comes to eating well, but are they always the best option? The answer to that depends on what you choose to put on top of it. Salads are a great way to add more fruits and vegetables to your day. Choosing toppings with healthy fats, that are low in sodium, and low in sugar is the key to making sure you are eating something that tastes good and is good for you. Remember, always start building your salad with a colorful rainbow of fruits and vegetables. The chart below shows some good substitutions for less healthy topping choices.

Instead of:	Top your salad with:
Breaded, fried chicken or fish	Beans, eggs, grilled or roasted meat or fish
Bacon bits	Sunflower seeds
Cheese	Avocado
Croutons	Walnuts or your favorite nut
Creamy bottled dressing	Homemade salad dressing (recipes on the back)
Iceberg lettuce	Mixed salad greens and fresh herbs



Start Your Salad with a Colorful Rainbow of Fruits and Veggies!

- Mixed salad greens
- Cucumber
- Spinach
- Peas
- Broccoli
- Celery
- Snow peas
- Sugar-snap peas
- Red, green, or yellow peppers
- Tomato
- Red onion
- Radish
- Strawberries
- Apples
- Cantaloupe
- Carrots
- Oranges
- Peaches
- Pear
- Mushrooms
- Purple Cabbage
- Blueberries



Farmers' Markets in Frederick County

The Farmers' Markets in Frederick County are getting ready to open for the 2016 growing season. Most markets in Frederick County open in May or June and stay open through September or October. The markets are always in the same location but only open on certain days and at certain times. Farmers come from all over Frederick County to offer the foods they grow on their farms. The markets have anywhere from 1-20 farmers offering fruits, vegetables, meats, cheese, honey, flowers, and breads.

The Farmers' Market is a great time to buy local, fresh food and meet the families in Frederick County that grow what you eat.

In July, Frederick County WIC will again offer Farmers' Market Coupons to WIC participants. The coupons are worth \$20-\$40 and can only be used at the farmers' markets (not at the grocery stores). Using the coupons is similar to using your WIC checks. You can buy any fruits or vegetables that are offered at the markets by the farmers that accept WIC coupons.

To make it easier to use the Farmers' Market coupons, WIC will be at some of the markets with coupons. Dates and times are listed to the right. For more information about locations and times of all the Frederick County markets visit,

<http://www.frederickfarmfresh.com>

Salad Dressing Recipes

Vinaigrette

2 tablespoons red wine vinegar or balsamic vinegar

1 tablespoon chopped shallot or onion

1/4 teaspoon salt

1 tablespoon Dijon mustard

1/8 teaspoon pepper

3 tablespoons olive oil

1/4 teaspoon of your favorite dried herb (oregano, basil, parsley, dill, thyme), optional

-Combine all ingredients in a jar. Put the lid on and shake the jar until all ingredients are combined. You can also combine all ingredients in a bowl and whisk until combined.

Serving size 1 1/2 tablespoons

Calories 94, Fat 10.1 g, Sodium 178 mg

Adapted from Cooking Light magazine

Buttermilk Herb

Dressing (similar to Ranch)

3/4 cup buttermilk

1/3 cup low-fat mayonnaise

1 tablespoon grated lemon rind (optional)

1 tablespoon finely chopped onion

1 teaspoon finely chopped fresh chives (or 1/2 teaspoon dried)

1/2 teaspoon dried basil

1 teaspoon finely chopped fresh thyme (or 1/2 teaspoon dried)

2 teaspoons fresh lemon juice

2 teaspoons Dijon mustard

1/2 teaspoon pepper

1/4 teaspoon salt (optional)

1 garlic clove, minced

-Combine all ingredients, stirring with a whisk until dressing is well blended.

Serving size 1 tablespoon

Calories 12, Fat 0.3 g, Sodium 89 mg

WIC Farmers' Market Coupons at the Markets!

WIC will handout coupons at the following markets:

Remember to bring your WIC folder.

West Frederick Farmers' Market

Located in the United Healthcare parking lot
800 Oak Street, 21701

Saturday, July 16th 2016

10:00 am—1:00 pm

Frederick City Farmers' Market

Located in the old Carmack Jay's parking lot
331 North Market Street, 21701

Sunday, July 17th 2016

9:00 am—1:00 pm

YMCA Farmers' Market

1000 N. Market Street, 21701

Tuesday, July 26th 2016

3:00 pm—6:00 pm

