

Healthful Eating

Making On-The-Go Days Salad Days



Nutrition On The Run—This Ham and Pineapple Slaw Wrap is a delicious way to take your salad with you.

(NAPSA)—If you've been tossing around ways to eat more salad, it might be time to think outside the bowl.

Even when you're on the go, you can eat a salad every day. Just take favorite salad ingredients—from fresh veggies and dressing—to signature salads like chicken Caesar—and simply wrap them in low-calorie tortillas. You can take them to work, on a picnic, to a ball game or wherever else you're headed.

You might boost the salad-wrap's nutritional content by opting for dressing made with canola oil. Litehouse Foods, which makes dressings, dips and more, uses the oil exclusively in its salad dressings because it has no trans fat and is recommended by the American Heart Association as part of a heart-healthy diet.

Visit www.30salads30days.com, a Web site from Litehouse Foods, for a selection of dressings and for a new salad recipe for each day of the month, including this one for Ham and Pineapple Slaw Wraps:

Ham and Pineapple Slaw Wraps

Serves 6

- 2 pineapple spears cut into thin strips**
- 2 carrots cut into thin strips**
- ¼ cup raisins**
- 12 ounces fully cooked lean ham, cut into strips**
- 1 head Napa cabbage, thinly sliced**
- ¾ cup Litehouse Lite Coleslaw dressing**
- 6 large flour tortillas**

In a large bowl, combine the pineapple, carrots, raisins, ham and cabbage. Pour the dressing over the slaw and toss. Divide the slaw among the tortillas and roll into wraps.

Nutrition: Calories 349, Total fat 8g, Carbohydrate 58g, Protein 16g, Fiber 10g, 21% calories from fat.

For more information, visit www.30salads30days.com or call (800) 669-3169.