

Slimming and so satisfying!

How pro chefs toss up delicious wonder salads

Women who start their meals with salad slash their overall calorie intake by 12 percent! Here, three tasty ways to reap the benefits.

FOR A HEARTY CRUNCH: WHEAT BERRY-WATERCRESS SALAD

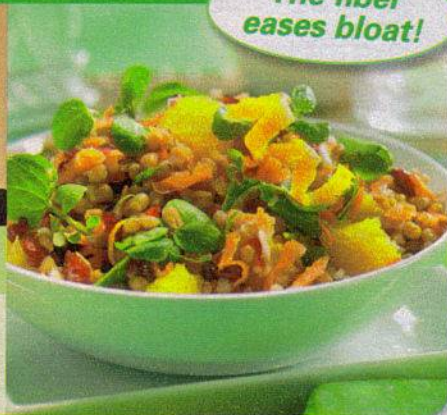
To make her salads sing, Catherine Walters, author of *Raising the Salad Bar* (Lake Isle Press, 2007), reaches for wheat berries. "They add an unexpected twist," she says. "They're slightly chewy and completely satisfying."

To do: Zest and juice 1 orange and 1 lime; set aside. In bowl, combine ½ cup cooked wheat berries; 1 bunch watercress, washed, dried and chopped (about 1½ cups); 1 carrot, peeled and grated; ½ cup dried cranberries,

chopped; ½ tsp. orange zest and ¼ tsp. lime zest. In separate bowl, whisk together ¼ cup orange juice, 1½ Tbs. lime juice, ¼ Tbs. minced shallots and 2½ Tbs. olive oil. Season mixture with salt and pepper, if desired. Add dressing to wheat berry mixture; toss to coat. Top salad with ¼ cup toasted chopped pecans.



Chef Catherine Walters



The fiber eases bloat!

FOR TANGY CREAMINESS: AVOCADO-GRAPEFRUIT SALAD



The healthy fats curb cravings!

Inspired by local produce while visiting Florida, Ellen Haas, author of *Fast & Fit* (Hatherleigh Press, 2008), created an avocado-and-citrus salad. "The citrus delivers a fresh taste, while creamy avocado fills you up," she says.

To do: Slice peel from 1 orange and 1 grapefruit. Remove each segment. Squeeze grapefruit membrane, reserving ½ cup juice. In bowl, whisk together grapefruit juice, 1 Tbs. fresh lemon juice, 2 Tbs. olive oil and 1 Tbs.

finely chopped shallots. Season with salt and pepper, if desired; set aside. In bowl, combine 1 head Bibb lettuce, chopped; 1 bunch watercress, trimmed, and grapefruit dressing. Arrange on serving platter. Halve, pit, peel and slice 1 avocado. Arrange avocado slices and orange and grapefruit segments atop greens.



Chef Ellen Haas

FOR SWEET-SALTY CONTRAST: STRAWBERRY-ARUGULA SALAD

"My favorite salads contain a range of flavors," says Jennifer Chandler, author of *Simply Salads* (Thomas Nelson, 2007). She likes to slice sweet strawberries and toss them with savory feta cheese and pine nuts. "The nuts are healthier than croutons because they haven't been soaked in butter," Chandler explains. "For extra crunch, toast the nuts in advance."

To do: In large bowl, combine 2 cups (one 5 oz. bag) baby arugula, 1 cup

sliced strawberries, ¼ cup crumbled feta cheese and ¼ cup toasted pine nuts. In separate bowl, whisk together 1 Tbs. fresh lemon juice and 1 Tbs. red wine vinegar. Slowly whisk in ½ cup olive oil. Season mixture with salt and pepper, if desired. Pour dressing over salad; toss gently to coat.



Chef Jennifer Chandler



The plant extracts calm hunger hormones!