Eat more salad. That’s easy for us to say. But what do you put on the table every night? Here’s Monday, Tuesday, Wednesday, and Thursday.

Got a question or suggestion? Write to healthycook@cspinet.org.

Herbed Chicken Salad

You can use leftover grilled or roasted chicken, or try crab or shrimp instead. If you use jarred roasted peppers, blot them with a paper towel before chopping.

¼ cup flat-leaf parsley leaves  
¼ cup basil leaves  
½ cup fresh dill sprigs  
2 oil-packed anchovies, drained  
1 small garlic clove  
½ cup mayonnaise  
½ cup low-fat sour cream  
2 Tbs. lemon juice  
Freshly ground black pepper

1 lb. cooked chicken, shredded  
2 roasted red peppers, chopped  
3 inner celery ribs with leaves, thinly sliced  
8 cups mixed salad greens  
½ lb. tomatoes, chopped

Make the herbed dressing: In a food processor, combine the parsley, anchovies, and garlic until coarsely chopped. Add the mayonnaise, sour cream, and lemon juice and process until smooth. Season to taste with the pepper.

In a large bowl, toss the herbed dressing with the chicken, peppers, and celery. Serve on the salad greens and garnish with the tomatoes. Serves 4.

PER SERVING (3½ cups)
Calories: 380  
Sodium: 420 mg  
Total Fat: 21 g  
Cholesterol: 110 mg  
Sat Fat: 3.5 g  
Carbohydrates: 11 g  
Protein: 36 g  
Fiber: 4 g

White Bean Salad

It looks too easy to be so good. If you use jarred roasted peppers, blot them with a paper towel before chopping.

1  15 oz. can no-salt-added white beans, drained and rinsed  
2 roasted red peppers, chopped  
¼ cup extra-virgin olive oil  
1 Tbs. red wine vinegar  
½ tsp. kosher salt  
Freshly ground black pepper  
8 cups mixed salad greens

Toss the beans and red peppers with the oil and vinegar. Season with up to ½ tsp. salt and pepper to taste. Put the greens in a large serving bowl or on a platter and top with the bean mixture. Serves 4.

PER SERVING (2½ cups)
Calories: 240  
Sodium: 280 mg  
Total Fat: 15 g  
Cholesterol: 0 mg  
Sat Fat: 2 g  
Carbohydrates: 20 g  
Protein: 6 g  
Fiber: 6 g

Spicy Black Bean Salad

It’s fabulous solo, but also makes a great side dish for grilled chicken, salmon, or shrimp.

1 jalapeño pepper, seeds removed  
1 cup cilantro  
¼ cup orange juice  
1 Tbs. lime juice  
¼ cup low-fat sour cream  
1 15 oz. can no-salt-added black beans, drained and rinsed  
¼ red onion, diced  
1 yellow pepper, diced  
1½ avocados, diced  
1 cup cherry tomatoes, diced  
½ tsp. kosher salt

Make the dressing: In a food processor, combine the jalapeño, cilantro, orange and lime juices, and sour cream. In a large bowl, toss the dressing with the beans, onion, pepper, avocado, and tomato. Season with up to ½ tsp. salt. Serves 4.

PER SERVING (2 cups)
Calories: 250  
Sodium: 280 mg  
Total Fat: 12 g  
Cholesterol: 5 mg  
Sat Fat: 2 g  
Carbohydrates: 30 g  
Protein: 9 g  
Fiber: 12 g

Sesame Shrimp Salad

Crunchy sesame-coated shrimp on a crisp, tasty salad make this the perfect summer meal.

¼ cup unsweetened applesauce  
1 Tbs. rice wine or cider vinegar  
1 tsp. toasted sesame oil  
3 Tbs. canola oil, divided  
1 Tbs. lower-sodium soy sauce  
2 Tbs. sesame seeds  
1 lb. shrimp, peeled and deveined  
8 cups salad greens  
1½ cups edamame, thawed from frozen  
1 carrot, shredded or thinly sliced  
4 scallions, thinly sliced

Make the dressing: In a large bowl, whisk together the applesauce, vinegar, sesame oil, 2 Tbs. of the canola oil, and the soy sauce. Heat the remaining 1 Tbs. of canola oil in a large, non-stick pan over medium heat. Put the sesame seeds on a plate and press the shrimp into them. Sauté the shrimp until the seeds are lightly browned and the shrimp is cooked through, 3-5 minutes. Remove the shrimp to a plate. Allow the oil and any seeds in the pan to cool, then whisk them into the dressing.

Toss the salad greens, edamame, carrot, and scallions in the dressing. Divide the salad onto four plates and top with the shrimp. Serves 4.

PER SERVING (3 cups)
Calories: 340  
Sodium: 370 mg  
Total Fat: 19 g  
Cholesterol: 170 mg  
Sat Fat: 2 g  
Carbohydrates: 13 g  
Protein: 31 g  
Fiber: 12 g

Herbed Chicken Salad

You can use leftover grilled or roasted chicken, or try crab or shrimp instead. If you use jarred roasted peppers, blot them with a paper towel before chopping.

¼ cup flat-leaf parsley leaves  
¼ cup basil leaves  
½ cup fresh dill sprigs  
2 oil-packed anchovies, drained  
1 small garlic clove  
½ cup mayonnaise  
½ cup low-fat sour cream  
2 Tbs. lemon juice  
Freshly ground black pepper

1 lb. cooked chicken, shredded  
2 roasted red peppers, chopped  
3 inner celery ribs with leaves, thinly sliced  
8 cups mixed salad greens  
½ lb. tomatoes, chopped

Make the herbed dressing: In a food processor, pulse the herbs, anchovies, and garlic until coarsely chopped. Add the mayonnaise, sour cream, and lemon juice and process until smooth. Season to taste with the pepper.

In a large bowl, toss the herbed mayonnaise with the chicken, peppers, and celery. Serve on the salad greens and garnish with the tomatoes. Serves 4.

PER SERVING (3½ cups)
Calories: 380  
Sodium: 420 mg  
Total Fat: 21 g  
Cholesterol: 110 mg  
Sat Fat: 3.5 g  
Carbohydrates: 11 g  
Protein: 36 g  
Fiber: 4 g