

# Recipes **From the Blue Zones® Kitchen**

## Salad

By Marissa Martorana, RDN

- Ingredients:**
- 3 cups butter lettuce and spinach
  - ½ cup canned chickpeas, drained and rinsed
  - ¼ cup mozzarella cheese
  - ¼ cup unsalted almond slices
  - 1 cup strawberries (served on the side)
  - ¼ cup shredded carrots
  - ¼ cup cucumbers, sliced
  - ½ cup cooked, whole wheat pasta
  - 2 Tbsp Olive oil
  - 2 Tbsp red wine vinegar

- Directions:**
- Toss all ingredients together in a bowl, toss with dressing and serve with a side of strawberries or favorite fruit.

A heart healthy salad includes greens, proteins, fruits, whole grains, extra veggies and a heart healthy dressing.

Tips by Marissa Martorana, RDN

Source: American Heart Association

## Notes

---

---

---

---

---

---

---

---

---

---