

Salad Recipes For Good Eye Health

Are you beginning to feel eyestrain from staring at your laptop screen for hours on end? Are you having headaches, too? You've been putting off that visit to your ophthalmologist, haven't you? The visit to the doctor can probably wait if you make some necessary changes to your diet. Here are some salads you could include in your diet that will benefit your eye health:

Chicken Chopped Salad

The chicken chopped salad is both appealing and appetizing. The brightly colored vegetables, along with the lean meat, prove to be an extremely healthy meal option. They are loaded with lutein, zeaxanthin, vitamins E and C, as well as the mineral zinc that prevents retinal damage and consequent loss of vision.

Ingredients:

- one cup of romaine lettuce chopped up into bite-sized bits
- 1-2 cups of cooked chicken
- one cup of baby spinach
- $\frac{1}{2}$ cup of frozen peas
- $\frac{1}{2}$ an orange pepper – diced
- $\frac{1}{4}$ cup of slivered almonds
- $\frac{1}{2}$ an orange, peeled and chopped

Dressing:

- $\frac{1}{4}$ cup of nonfat Greek yogurt
- 1 garlic clove – minced
- 1 tablespoon of curry powder

- Juice from the remaining 1/2 orange.

Prepare the dressing in a separate container by mixing all the ingredients and whisking till you have a smooth, creamy consistency. Next, throw all the other ingredients in a large bowl and drizzle the vinaigrette over it. Mix well and season with salt and pepper.

Springtime Green Salad

Green salad is the perfect option for a summer afternoon. It also provides several nutrients that are beneficial for your eyes.

Ingredients:

- one English cucumber
- 2 granny smith apples
- one lime – peeled
- 4 cups of baby spinach leaves
- 4 cups of baby kale
- 2 cups of thawed frozen peas or fresh peas
- 2-3 cups of loosely packed mint leaves

Dressing:

- 1 ½ cups of plain, non-fat Greek yogurt
- 1 tablespoon of honey

Rinse the cucumber, spinach, kale, peas, mint leaves, and the lime. Next, peel the cucumber and finely chop it. Also, chop the spinach, kale and mint leaves haphazardly. Put all these ingredients in a bowl and add yogurt honey to it. Mix well. Squeeze the lime and add slivered almonds to garnish. The cucumber in the salad will leave you refreshed while spinach and kale will aid digestion and skin health.

Deli- Styled Kale Salad

Kale is a rich source of lutein and zeaxanthin that help keep your eyes healthy and prevent ocular damage or cataracts.

Ingredients:

- 2 cups of kale cut into 2 in strips
- an onion – cut in half and then thinly sliced
- one cup of roasted and sliced almonds
- 3 peaches sliced
- $\frac{3}{4}$ cup of gold raisins

Vinagrette:

- $\frac{1}{2}$ cup of apple cider vinegar
- 1 and $\frac{1}{2}$ tablespoons of Dijon mustard
- 1 and $\frac{1}{2}$ cup of extra virgin olive oil
- 1 tablespoon of honey

First, prepare the greens by cleaning and chopping the kale. Next, slice the peaches and the onion, and toast the almonds and slice them. Prepare the vinaigrette. Keep whisking so that the ingredients mix properly. Season with salt and pepper. Lastly, combine all the ingredients together by adding the vinaigrette to the kale, peaches, onions, and almonds. Toss well and allow the salad to sit for some time before serving. Kale can take a little time to break down and become soft. You can garnish the salad with some crumbled cottage cheese.

Editor's Note: If you are in a hurry, pour a little of your olive oil onto the kale and massage it into the leaves with your fingers. This takes a minute or so to soften the leaves.

Romaine Salad

Romaine lettuce is an excellent source of vitamin K, vitamin A, and folate and it is a good source of other nutrients as

well. Vitamin A is essential for healthy eyes.

Ingredients:

- 2 cups of Romaine lettuce chopped into 1-inch pieces
- 1 cup of radicchio that has been chopped into bite-sized bits
- 1 cup of thinly sliced fennel bulb
- some freshly cracked black pepper
- 2 tablespoons of freshly chopped parsley or cilantro
- 2 tablespoons of thyme
- 2 tablespoons of fennel leaves

Dressing:

- 1/2 cup of olive oil
- 3 tablespoons of apple cider vinegar
- 1 tablespoon of lemon
- 1 tablespoon Dijon mustard
- 1 tablespoon maple syrup

Add all the ingredients in a large bowl and drizzle the salad dressing. Keep mixing and season with sea salt and pepper. Allow the salad to sit for some time before serving. This will ensure that the vegetables absorb the flavor from the dressing. It will also ensure that the nutrients of the romaine lettuce and other vegetables are more easily absorbed by your body.

Conclusion

Salads are an extremely healthy addition to your diet. All colorful vegetables and fruits are rich sources of antioxidants and vitamins that ensure good eye health. They also contain adequate amounts of dietary fiber that facilitate weight management. With these salads, you would be protecting your vision as well as ensuring weight loss. That's killing two birds with one stone!

Recommended Reading:

- *80% Raw Food Diet*
- *Six Foods That Naturally Improve the Health of Your Eyes*
- *Shillington's Eyebright Formula Product Review*
- *Natural Cures for Cataracts*

Sources:

- *Effects of lutein and zeaxanthin on aspects of eye health* – Pub Med
- *20 Effective Home Remedies For Sore Eyes* – Stylecraze
- *10 Reasons You Should Be Eating Romaine Lettuce Above All Others* – Prevent Disease