Salad Recipes to Soothe COPD Symptoms

by DONNA SCHWONTKOWSKI

Try These Great COPD Recipes Today

I remember reading long ago that people in Japan ate 17 servings of fruits and vegetables in a day. That's essentially five servings for breakfast, lunch and dinner, plus two snacks of even more vegetables.

How do they manage to fit so many vegetables into their meals?

Actually, five servings of vegetables are relatively easy to get with healthy salads. For example, you might have a healthy steak salad for lunch with the following ingredients:

- 4 ounces steak
- 1 cup lettuce
- 1 cup spinach
- 1 whole tomato
- 1 whole carrot, shredded
- 2 ribs celery, sliced

This amount of salad would be the equivalent of five servings of vegetables. Add half of an apple, diced, and half of an orange in segments and now you have another serving of fruits to total six for one meal.

No one expects you to eat a plain lettuce salad every single day. Instead, try combining vegetables together for appetizing salads. It's so easy to create these, and you'll love their taste. Here are some COPD recipes to try today.

Cucumber, Tomato and Onion Salad

Yield: 2 servings (7 servings of vegetables)

Ingredients

- 2 cucumbers, chunked
- 3 tomatoes, sliced
- 1 red onion, diced
- 2 ounces olive oil
- 1 ounce vinegar
- 1 teaspoon basil
- 1 teaspoon savory
- Salt and pepper to taste

Directions

Toss all ingredients together. Let flavors mingle for an hour in the refrigerator. Serve cold.

Onions are excellent for clearing out the lungs. Tomatoes are great for your vision, and cucumbers are beauty foods for your skin.

Next page: two more delicious salad recipes.

Rice Vegetable Salad

Yield: 3 servings (12 servings fruits/vegetables)

Ingredients

- 2 cups rice pilaf, cooked
- 1 ounce olive oil
- 2 cups shredded carrots
- 1 cup frozen peas
- ½ cup chopped celery
- 1 zucchini, chopped
- 1 cucumber, chopped
- 2 ounces sliced almonds
- 1 cup diced or chunked pineapple
- Salt and pepper

Directions

Toss all ingredients together and add salt and pepper to taste.

Pineapple is an excellent source of enzymes and bromelain, which is a painkiller. Celery is helpful as a diuretic and good for the heart. Almonds can help lower cholesterol.

Carrot Raisin Salad

Yield: 3 servings (9 servings fruits and vegetables)

Ingredients

- 3 cups shredded carrots
- ½ cup raisins
- 1 cup chopped celery
- ½ cup chopped parsley
- ½ cup chopped cilantro
- 2 tablespoons olive oil or coconut oil
- 1 tablespoon shredded coconut
- Juice of one lime
- ½ cup walnuts, chopped

Directions

Toss all ingredients together and enjoy.

Carrots are high in beta-carotene, which is beneficial for the lungs. Celery is a diuretic and helpful for the heart. Parsley is good for the kidney. Coconut has anti-microbial properties. Lime contains medicinal constituents that are anti-cancer.

You could even make up these salads on Sunday for the week and then have them available for the rest of the week. It would make your meal preparation go a lot faster!