

Break Room: Lunch Ladies Greenz

By KIMBERLY DURMAN and GRETCHEN PERRENOT / DallasNews.com

The Lunch Ladies enjoy a nice salad for lunch, but then, who doesn't? So we sampled the work of the salad masters at [Greenz](http://www.greenzsalads.com), located at 15615 Quorum Drive in Addison and 2808 McKinney Ave. in Dallas. If you're dining in Dallas, know that the restaurant offers little parking, so you may want to consider parking elsewhere and riding the trolley. But be sure to bring your sunglasses and take advantage of the patio for outdoor dining, people watching and, of course, a place to be seen. Also, take note of the calories in the dressing – you might want to ask for the dressing on the side.

Web site: www.greenzsalads.com



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Grilled Chicken Riviera

Mixed greens, grilled chicken, blueberries, cantaloupe and strawberries

Cost: \$8.95

Looks/smell: This salad had a colorful presentation of orange cantaloupe on a bed of dark greens, dotted with blue and red berries.

Texture/taste: Crunchy, with a good mix of sweet and salty.

Kimberly: Nothing sounds more boring than a salad with chicken on it, but this was exceptionally good. The mix of salty, grilled chicken with fresh fruit and earthy greens blended harmoniously together.

Gretchen: This salad was phenomenal in taste and nutritional value.

Score: 5 lunch bags

PER SERVING (salad): Cal 215; Fat 2 g; Fiber 5 g; Carb 21 g; Protein 29 g; Weight Watcher Winning Points® 3

• *Strawberry Balsamic Vinaigrette (1 ounce): Cal 50; Fat 3 g; Fiber <1g; Carb 5 g; Protein <1 g; Weight Watcher Winning Points® 1*



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Spicy Panko Shrimp

Greens with daikon and edamame sprouts, panko-breaded shrimp, carrots and wasabi peas served with spicy lemongrass vinaigrette and a wonton crisp

Cost: \$9.95

Looks/smell: Four pieces of breaded shrimp on a field of lettuce greens.

Texture/taste: Sweet and crunchy.

Kimberly: Generally, I dislike breaded shrimp because it's all bread, no shrimp and too greasy. That was not the case here. The shrimp was ample and the breading light as a feather.

Gretchen: Everything about this exotic salad was perfect – the fried shrimp, the crunchy-spicy peas, the thick tangy-with-a-kick dressing – except the Points value was more than half my daily allowance (and that's using only 1 ounce of dressing). I would get this on a splurge day.

Score: 4 lunch bags

PER SERVING (salad): Cal 459; Fat 15 g; Fiber 4 g; Carb 60 g; Protein 24 g; Weight Watcher Winning Points® 10

• *Spicy Lemongrass Vinaigrette (1 ounce): Cal 139; Fat 13 g; Fiber <1 g; Carb 6 g; Protein <1 g; Weight Watcher Winning Points® 4*



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BBQ Texas Slaw

Green and red cabbage, carrots, red onions, barbecue pork and slaw dressing

Cost: \$7.95

Looks/smell: Looked masculine, with lots of brown, purple and orange.

Texture/taste: Tasted like a barbecue sandwich without bread.

Kimberly: It was very hearty for a salad. Not ladylike at all.

Gretchen: But was it Lunch Lady-like? I say yes, if you split it with a friend.

Score: 4 lunch bags

PER SERVING (salad): Cal 455; Fat 21 g; Fiber 7 g; Carb 36 g; Protein 34 g; Weight Watcher Winning Points® 10

• *Slaw Dressing (1 ounce) Cal 188; Fat 19 g; Fiber <1 g; Carb 3 g; Protein 1 g; Weight Watcher Winning Points® 5*



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Hawaiian Tuna

Mixed greens, tomatoes, avocado, pineapple topped with seared tuna, glass noodles, scallions served in a spring roll bowl

Cost: \$9.95

Looks/smell: Looked very busy, with lots of attention-seeking ingredients.

Texture/taste: Tasted like lunch on a breezy Hawaiian Island.

Kimberly: This was by far my favorite. I loved the seared tuna, avocado and pineapple mixture. Like all of the salads we sampled, this could be split with a friend and still make for a sizable meal.

Gretchen: Gag! The tuna was fleshy and raw. The only thing I liked was the dressing, but since it was Kimberly's favorite, I consented to 4 lunch bags.

Score: 4 lunch bags

PER SERVING (salad): Cal 426; Fat 12 g; Fiber 7 g; Carb 51 mg; Protein 34 g; Weight Watcher Winning Points® 9

- *Asian Vinaigrette (1 ounce) Cal 118; Fat 12 g; Fiber <1g; Carb 3.5 g; Protein <1g; Weight Watcher Winning Points® 3*



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The Wedge

Iceberg lettuce topped with smoked bacon, diced tomatoes and Gorgonzola cheese crumbles

Cost: \$6.95

Looks/smell: Looked like a hunk of iceberg lettuce with dressing.

Texture/taste: Tasted like a hunk of iceberg lettuce with crispy bacon bits and cheesy dressing.

Kimberly: This wasn't a bad little lunch, especially for the price and calories. Not many ingredients, but they all mixed together well.

Gretchen: This was my second-least favorite. Iceberg is the least nutritious type of lettuce, and bacon and cheese are hardly healthy. Unfortunately, it's a salad my boyfriend would love.

Score: 3 lunch bags

PER SERVING (salad): Cal 246; Fat 18 g; Fiber 4 g; Carb 8 g; Protein 15 g; Weight Watcher Winning Points® 6

- *Roquefort Cheese Dressing (1 ounce) Cal 130; Fat 13 g; Fiber <1g; Carb 2 g; Protein 1 g; Weight Watcher Winning Points® 4*



The Lunch Ladies dish about healthy dining options for the workplace every other week.