

Eat Smart • Move More

Side Salad

Prep Time: 10 minutes

Total Time: 10 minutes



Ingredients

- 4 cups leafy greens, washed and torn
- 1 cup chopped vegetables
- ¼ cup low-fat dressing

Nutrition Facts

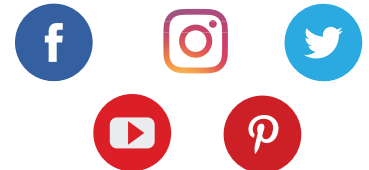
4 servings per container	
Serving size	1 serving
	(80.38g)
Amount per serving	
Calories	35
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes g of Added Sugars	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 47mg	4%
Iron 1mg	6%
Potassium 243mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ Leafy greens include, spinach, romaine, kale, aragula, and swiss chard.
- ▶ Cucumbers, tomatoes, carrots, and onions are common vegetables for a side salad. Mix and match vegetables and fruits of your choice. The possibilities are endless!

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Directions

- Place greens in a mixing bowl and top with chopped vegetables. Drizzle dressing over salad and toss to combine. NOTE: Add the dressing just before serving.