



A Nutrition Resource

CREATE YOUR OWN SALAD

Yield: 1 Serving | Serving Size: 4 cups

Cost/serving: \$1.36

Ingredients:

- 2 cups salad greens (romaine, spinach, or mixture)
 - 1 cup chopped vegetables and/or fruits, such as cucumber, frozen peas, or corn (thawed), red onion, tomato, mango, avocado, carrots, or salsa
 - 3 ounces* chopped cooked chicken, beef, or pork, or 1/4 cup canned beans, drained, or hard-boiled egg, chopped
 - 1 Tablespoon chopped dried fruit, shredded cheese, or chopped nuts
 - 2 Tablespoons low-fat salad dressing
- *3 ounces is about the size of a deck of playing cards

Directions:

- 1) Arrange greens on large plate or bowl.
- 2) Add vegetables and/or fruits plus meat, beans, or egg.
- 3) Add dried fruit, cheese, or nuts.
- 4) Add dressing.

Option: Use fresh produce to tempt hot weather appetites. Add whole grain cereal, baked chickpeas, or pomegranate seeds if you want more crunch.

Note: Nutrition Facts show information for romaine, cucumber, peas, tomato, carrots, raisins, chicken, and low-fat Italian dressing.

This material is provided by Iowa State University Extension and Outreach. For more tips like this, visit the Spend Smart. Eat Smart. website <http://tinyurl.com/c59523>

Nutrition Facts

1 servings per container
Serving size 4 cups (362g)

Amount per serving
Calories 230

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 390mg	17%
Total Carbohydrate 25g	9%
Dietary Fiber 5g	18%
Total Sugars 16g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 69mg	6%
Iron 4mg	20%
Potassium 628mg	15%

*The % Daily Value 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.



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