

5-A-Day Salad

From the USDA SNAP-Ed Recipe Finder
<http://recipefinder.nal.usda.gov/recipes/5-day-salad>

Ingredients

- 4 cups fresh spinach
- 4 cups romaine lettuce
- 2 cups bell pepper, chopped (any color or mix)
- 2 cups cherry tomatoes
- 1 cup broccoli, chopped
- 1 cup cauliflower, chopped
- 1 cup yellow squash, sliced
- 2 cups cucumber, sliced
- 2 cups carrot, chopped
- 1 cup zucchini, sliced

Instructions

1. Wash all vegetables and mix together in large bowl.
2. Top with nonfat or low-fat dressing of your choice.

Make 4 servings

Nutrition information per serving (without dressing):

Calories	100
Carbohydrates	22 g
Dietary Fiber	8 g
Sugars	11 g
Protein	5 g
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	90 mg

