

5 A Day Salad
Serving Size: 1/4 of salad, Yield: 4 servings

Ingredients:

4 cups fresh spinach
4 cups Romaine lettuce
2 cups chopped green pepper (or use red, yellow, or orange)
2 cups cherry tomatoes
1 cup chopped broccoli
1 cup chopped cauliflower
1 cup sliced yellow squash
2 cups sliced cucumber
2 cups chopped carrots
1 cup sliced zucchini



Instructions:

1. Wash all of the vegetables and mix them together in a large mixing bowl. Top this colorful meal with the nonfat or low-fat dressing of your choice.

Note: The dressing is not included in the nutritional analysis.

5 A Day Salad (continued)

Cost:

Per Recipe: \$ 5.98 , Per Serving: \$ 1.50

Nutritional Values: Calories 100, Calories from fat 10, Cholesterol 0 mg, sodium 90mg, Protein 5g

Source:

5 A Day for Better Health Program

The Centers for Disease Control

Author:

Centers for Disease Control

<http://www.cdc.gov/nccdphp/dnpa/5aday/recipes>

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