Whole Meal Salad
Makes 1 servings

Ingredients:
2 cups salad greens (romaine, spinach, or mixture)
1 cup chopped vegetables such as cucumber, frozen peas (thawed), onion, tomatoes, carrots, fresh mushrooms or bell peppers
1 egg (cooked and sliced)
1 ounce chicken, beef, or pork (cooked and chopped) or 1/4 cup canned beans, drained
1 tablespoon shredded cheese, chopped dried fruit, or chopped nuts
2 tablespoons low fat salad dressing

Directions:
1. Arrange greens on large plate or bowl.
2. Add vegetables.
3. Add egg, meat, or beans.
4. Sprinkle with cheese, dried fruit, or nuts.
5. Drizzle dressing over top.

Tips:
Nutrition analysis was done using romaine lettuce, tomatoes, cucumbers, fresh mushrooms, egg, cheddar cheese, and Italian salad dressing.
Pair the salad with a whole grain roll and cup of nonfat milk for a balanced meal.

Source: Cornell University Cooperative Extension – Iowa State Extension

Nutrition Facts
1 servings per container
Serving size 1 salad (362g)

Amount per serving
Calories 200
% Daily Value*
Total Fat 8g 10%
Saturated Fat 2.5g 13%
Trans Fat 0g
Cholesterol 205mg 68%
Sodium 500mg 22%
Total Carbohydrate 13g 5%
Dietary Fiber 2g 7%
Total Sugars 10g
Includes 4g Added Sugars 8%
Protein 19g

Vitamin D 1mcg 6%
Calcium 140mg 10%
Iron 2mg 10%
Potassium 257mg 8%

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

57 % calories from fat