

Outtasight Salad

Serving Size: 1 cup

Yield: 4 servings

Ingredients:

- 2 cups salad greens of your choice
- 1 cup chopped vegetables (tomatoes, cucumbers, carrots, green beans)
- 1 cup juice-packed pineapple chunks, drained, or fresh orange segments
- ¼ cup Dressing (see below)
- 2 tablespoons raisins or dried cranberries
- 2 tablespoons chopped nuts, any kind

Preparation:

1. Put mixed salad greens on a large platter or in a salad bowl.
2. In a large bowl, mix chopped vegetables and pineapple or orange segments.
3. Add dressing and stir.
4. Spoon mixture over salad greens.
5. Top with raisins and nuts.






Dressing:

- ¼ cup yogurt, nonfat, plain or fruit-flavored
- 1 tablespoon orange juice
- 1½ teaspoons white vinegar

Preparation:

1. In a small bowl, mix all ingredients. Refrigerate until ready to serve.

Source: SNAP-Ed Connection

Food Group Amounts:		
Color	Food Group	Amount
	Grains	--
	Vegetables	½ c
	Fruits	¼ c
	Dairy	0
	Protein	½ oz

Nutrient Totals	
Per Serving:	
Calories	100
Total Fat	2.5 g
Saturated Fat	0 g
Sodium	30 mg
Protein	2 g