

SALAD GREENS



TRY THIS

- Use Bibb or butter lettuce to make lettuce cups. Fill with cooked ground turkey or soy crumbles and diced veggies or diced water chestnuts (canned). Top with low-sodium peanut sauce.
- Make a green smoothie with a handful of spring mix or baby spinach, a banana, and 100% apple juice or water.
- Add packaged baby spinach or baby arugula to eggs, soups, stews, or pasta dishes.

BUYING OR STORING

- Choose fresh salad greens that are dry, bright in color, and crisp. Avoid leaves that are limp, wet, or damaged.
- Keep salad greens in store packaging (bags, containers, etc.) until ready to use.
- Place fresh, loose salad greens on a damp paper towel. Roll gently and place in a plastic bag. Refrigerate and use within three to five days.
- Wash all fresh fruits and vegetables before using.

BERRY CRUNCH SALAD

Time: 15 minutes | Makes: 8 Servings | Serving Size: 1 cup

Nutrition Information Per Serving: Calories 86, Carbohydrate 11g, Dietary Fiber 2g, Protein 2g, Total Fat 4g, Saturated Fat 1g, Cholesterol 0mg, Sodium 161mg

INGREDIENTS

6 cups mixed salad greens
(e.g., spring mix, field greens)

$\frac{3}{4}$ cup fresh blueberries

$\frac{3}{4}$ cup strawberries, sliced

$\frac{1}{2}$ cup snap peas, sliced

$\frac{1}{3}$ cup sunflower seeds

$\frac{1}{2}$ cup pita or bagel chips, crumbled

6 tablespoons berry vinaigrette dressing

INSTRUCTIONS

1. In a large bowl, add the first six ingredients. Toss to combine.
2. Drizzle dressing on top and toss gently to coat. Serve.

CHANGE IT UP

- Replace snow peas with shredded carrots or chopped apples
- Use croutons instead of pita or bagel chips
- Try pumpkin seeds or sliced almonds in place of sunflower seeds.



Always wash hands before preparing food. Wash all fresh fruits and vegetables before using.

