MyPlate Salad
4 servings

Go for more color with your vegetables! Have a variety of dark green, orange, red, yellow, and add in dry beans and peas.

½ bunch dark green leafy lettuce, gently rubbed under cold running water
1 tomato, gently rubbed under cold running water, chopped
1 carrot, scrubbed with clean vegetable brush under running water, chopped or shredded
1 cucumber, scrubbed with clean vegetable brush under running water, chopped
¼ cup raisins
1 apple, gently rubbed under cold running water, cored and chopped
½ cup cooked ham or turkey, cubed
½ cup cheese, shredded
low-fat salad dressing (optional)

1. Wash hands with soap and water.
2. Tear lettuce into bite-sized pieces. Place in a large bowl.
3. Add remaining ingredients and mix.
4. Gently mix with your favorite dressing, if desired.
5. Serve with whole grain bread and you have all 5 food groups!
6. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information per Serving: (1/4 of recipe) Calories 120, Total Fat 5g, Saturated Fat 3g, Cholesterol 15mg, Sodium 140mg, Total Carbohydrate 14g, Dietary Fiber 2g, Sugars 9g, Protein 5g, Vitamin A 45%, Vitamin C 15%, Calcium 10%, Iron 2%.