

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.

- 1/2 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
- 1/4 cup raisins
- 1 apple, gently rubbed under cold running water, cored and chopped
- 1/2 cup cooked ham or turkey, cubed
- 1/2 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!



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%.