

GREEN SALAD

Serves 4

EQUIPMENT



salad spinner



cutting board



small sharp knife



large bowl

INGREDIENTS



1 head Romaine lettuce



water



cherry tomatoes



1 small cucumber



shredded carrots

DIRECTIONS



1. Wash Romaine lettuce. Pull leaves apart & spin dry in a spinner



2. Tear leaves into bite size pieces. L



3. Place lettuce leaves into a bowl.



4. Cut tomatoes in half. Add tomatoes to lettuce in a bowl.



5. Cut cucumber into slices.



6. Add cucumber slices & shredded carrots. (will already be shredded in bag) Toss.

Nutrition Facts

4 servings per container	
Serving size	(265g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 160mg	7%
Total Carbohydrate 10g	4%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 72mg	6%
Iron 2mg	10%
Potassium 541mg	10%

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

K-STATE
Research and Extension

Master Food Volunteer
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