



Side Dish

Mixed Greens Salad

Serves 4-6 , 1 cup per serving

Prep time: 10 minutes ▪ Cook time: 0 minutes



CARE AND SHARE™
FOOD BANK FOR SOUTHERN COLORADO

INGREDIENTS

- 1 head romaine lettuce
- 1 cucumber
- 2-3 plum tomatoes
- 1 small red onion
- Olive oil
- Red wine vinegar
- Salt and pepper

DIRECTIONS

1. Tear the lettuce leaves into bite-sized pieces.
2. Peel the cucumber (if desired) and slice into thin rounds.
3. Core the plum tomatoes and cut into small wedges.
4. Thinly slice the red onion.
5. Toss lettuce, cucumber, tomatoes, and onions together.
6. Sprinkle with oil and red wine vinegar to taste.

Nutrition Facts

Serving Size: 1 cup (165g)
Servings Per Container: 6

Amount Per Serving

Calories 70 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 6g **2%**

Dietary Fiber 3g **12%**

Sugars 3g

Protein 2g

Vitamin A 190% • Vitamin C 15%

Calcium 4% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs:

CHEF'S NOTES

- Add any other veggies you enjoy!

RECIPE BY:

Catherine Scorsese – Food Network: Sara's Secret's (episode: Shortcut Supper)