



Salad

Nutrition Facts

2 servings per container

:

Amount per serving

Calories **67**

% Daily Value*

Total Fat 3g 4%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 44mg 2%

Total Carbohydrate 8g 3%

Dietary Fiber 1g 4%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 3mg 0%

Iron 4mg 22%

Potassium 228mg 5%

* The % Daily Value (DV) 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.

Dressing

Nutrition Facts

24 servings per container

Serving size (2oz)

Amount per serving

Calories **40**

% Daily Value*

Total Fat 3g 4%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 2mg 1%

Sodium 10mg 0%

Total Carbohydrate 2g 1%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 25mg 2%

Iron 0mg 0%

Potassium 71mg 2%

* The % Daily Value (DV) 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.

HEART-HEALTHY SALAD

INGREDIENTS

- 1 head romaine lettuce
- 2 tbsp. prepared fried onions
- For the Salad Dressing:**
- 1 avocado, pitted, scooped and quartered
- 1 tbsp. extra virgin olive oil
- 1/2 cup water
- 1/2 tsp honey
- 1/8 cup red wine vinegar
- 1/8 cup lemon juice
- 1 shallot, peeled and cut in half
- 1/2 cup berries of your choice
- 1/4 cup low-fat, unsweetened Greek yogurt
- 10 mint leaves
- 1/2 tsp garlic powder
- Cracked black pepper

DIRECTIONS

1. Cut a head of romaine lettuce long-ways.
2. Place all of the salad dressing ingredients into a blender.
3. Blend until smooth. Drizzle 2 tbsp. salad dressing onto each serving of romaine.
4. Top with prepared fried onions.