



A Nutrition Resource

Personal Salad in a Bag

Yield: 1 Serving

Ingredients:

SALAD (1.5 cups total per person)

- leafy green vegetables, tomatoes, cucumbers, olives, onions, garlic, avocados, grated or diced cheese, cooked beans

DRESSING

- ½ teaspoon vegetable oil
- ½ teaspoon lemon juice or vinegar
- 1 pinch each salt and black pepper



Directions:

- 1) Wash hands with soap and water.
- 2) Rinse or scrub fresh vegetables under running water before preparing.. Tear or cut any foods that are larger than a quarter.
- 3) Place food for salad in plastic bag. Add dressing to bag.
- 4) Close opening of bag securely. Shake bag well.
- 5) Refrigerate leftovers within 2 hours.

*This material was provided by Food Hero:
<https://foodhero.org/recipes/personal-salad-bag>*

| Nutrition Facts | |
|------------------------------|------------------|
| 1 servings per container | |
| Serving size | 1 1/2 cup (146g) |
| Amount per Serving | |
| Calories | 70 |
| % Daily Value* | |
| Total Fat 3g | 4 % |
| Saturated Fat 0g | 0 % |
| Trans Fat 0g | |
| Cholesterol 0mg | 0 % |
| Sodium 110mg | 5 % |
| Total Carbohydrate 9g | 3 % |
| Dietary Fiber 2g | 7 % |
| Total Sugars 2g | |
| Includes 0g Added Sugars | 0 % |
| Protein 3g | |
| Vitamin D 0mcg | 0 % |
| Calcium 35mg | 2 % |
| Iron 1mg | 6 % |
| Potassium 230mg | 4 % |
| Vitamin A 180mcg | 20 % |
| Vitamin C 11mg | 12 % |

*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.

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This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



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