Outtasight Salad
Yield: 4 servings

INGREDIENTS

Salad Ingredients
2 cups salad greens of your choice
1 cup chopped vegetables (tomatoes, cucumbers, carrots, green beans)
1 cup juice-packed pineapple chunks, drained, or fresh orange segments
1/4 cup Dressing (see below)
2 tablespoons raisins or dried cranberries
2 tablespoons chopped nuts, any kind

Dressing Ingredients
1/4 cup yogurt, non-fat, plain or fruit-flavored
1 tablespoon orange juice
1 1/2 teaspoons white vinegar

INSTRUCTIONS

1. Put mixed salad greens on a large platter or in a salad bowl.
2. In a large bowl, mix chopped vegetables and pineapple or orange segments.
3. Add dressing and stir.
4. Spoon mixture over salad greens.
5. Top with raisins and nuts.
6. In a small bowl, mix all dressing ingredients. Refrigerate until ready to serve.

NOTES

Serving Size: 1 cup salad with 1/4 dressing

Nutrition Facts per Serving:
Calories 100
Total fat 2.5g
Saturated fat 0g
Sodium 30mg
Protein 2g

Source: SNAP-Ed Connection