



A Nutrition Resource

SIMPLY SNAZZY SALAD

Yield: 6 Servings | Serving Size: 1 1/2 Cups

Cost/Serving: \$1.20

Ingredients:

7 cups any type of salad greens or mixed greens

1/3 cup carrots, thinly sliced

2/3 cup dried cherries or cranberries

2/3 cup walnuts, chopped

3 Tablespoons balsamic vinegar

1/3 cup olive oil

1 Tablespoon Dijon mustard

2 teaspoons honey

Directions:

- 1) Place greens, carrots, cranberries, and walnuts into a large mixing bowl.
- 2) In a small bowl, add balsamic vinegar, olive oil, mustard, and honey. Mix ingredients together using a fork or whisk until smooth and evenly combined.
- 3) Right before serving, pour dressing over the salad in the large mixing bowl. Gently toss the salad to coat all the ingredients.

Nutrition Facts

6 servings per container

Serving size 1.5 cups (107g)

Amount per serving

Calories 260

% Daily Value*

Total Fat 20g **26%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 110mg **5%**

Total Carbohydrate 18g **7%**

Dietary Fiber 3g **11%**

Total Sugars 13g

Includes 2g Added Sugars **4%**

Protein 3g

Vitamin D 0mcg **0%**

Calcium 52mg **4%**

Iron 3mg **15%**

Potassium 90mg **2%**

*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.

Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter



Find us on Pinterest

pinterest.com/buyeatlive



Find us on Facebook

facebook.com/buyeatlivebetter

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



MONTANA
STATE UNIVERSITY

EXTENSION