



## Salad - Green

Makes: 50 child servings

### Ingredients

Imperial Measurement	Ingredient	Metric Measurement
16 cups	salad greens, prepared (e.g. leaf, romaine, Boston, iceberg, butterhead, mesclun mix, kale, collards, spinach, etc.)	4 L
4 cups	Two or more types of vegetables. For example: avocado, diced beets, shredded or diced broccoli, chopped corn, blanched cabbage (nappa, green, red), shredded carrots, shredded or diced celery, chopped or diced mushrooms, sliced peppers, chopped or sliced tomatoes, sliced or diced zucchini, shredded or diced	1 L (1 kg)
1 cup+	homemade dressing (see recipe)	250 mL+
Optional toppings:	olives, pitted and sliced fruit; fresh, dried, or canned (e.g. raisins, dried cranberries, canned tangerines, blueberries, sliced pears/apples, etc.) cheese, grated feta cheese, crumbled croutons chick peas or other beans, cooked eggs, boiled and sliced canned tuna, drained	

*Note 1:* Instructions are on page 2.

*Note 2:* Nutrition Information is on page 2.

## Instructions

1. Wash and dry lettuce.
2. Chop into bite size pieces.
3. Add remaining ingredients.
4. Refrigerate until serving.
5. When ready to serve, toss salad with dressing. (If using croutons, add when serving.)

<b>Nutrition Information</b>
Serving 40 g (½ cup)
<b>Calories</b> 35
<b>Fat</b> 3 g
Saturated 0 g
+ Trans 0 g
<b>Sodium</b> 15 mg
<b>Carbohydrates</b> 2 g
Fibre 0 g
Sugars 1 g
<b>Protein</b> 0 g
Calcium 0 mg
Iron 0 mg

<b>Food Guide Servings</b>
½ Vegetable & Fruit