

Mixed Greens with Fruit and Raspberry Dressing Salad of the Month May - 2015



Red, yellow on a bed of green brings a rainbow of vitamins and minerals to any meal.

Prep Time: 5 Min

Start to Finish: 5 Min

Makes: 4 servings

INGREDIENTS

2 cups mixed salad greens
1 can (8 oz.) pineapple tidbits, drained
1 cup raspberries
2 medium bananas, sliced
2 medium green onions, sliced (2 tablespoons)
1/2 cup fat-free raspberry vinaigrette

DIRECTIONS

1. Among 4 salad plates, divide all ingredients except vinaigrette. Drizzle with vinaigrette.



Recipe Provides: Fats & Oils 1tsp, Fruits 3/4c, Vegetables 1/2c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Total Fat:	½ g	Saturated Fat:	0 g
Calories:	150	Calories from Fat:	5	Carbohydrates:	34 g
Cholesterol:	0 mg	Dietary Fiber:	5 g	Sodium:	250 mg
Sugars:	19 g	Protein:	1 g		



Recipe adapted from www.eatbetterearly.com