

Santa Fe Nectarine Salad

Salad of the Month October - 2015



Rainbow salad. Dietary Guidelines suggest eating plenty of fruits and veggies to get the rainbow of nutrients growing bodies need.

Prep Time: 15 Min

Start to Finish: 15 Min

Makes: 6 servings (1 cup each)

INGREDIENTS

Dressing

1/2 cup peach preserves
1/4 cup lime juice
2 tablespoons vegetable oil
1/4 teaspoon salt
1/4 teaspoon ground ginger

Salad

2 cups coleslaw mix (from 16-oz bag)
2 cups torn mixed romaine and leaf lettuce (from 10-oz bag)
1 cup seedless red grapes
2 medium nectarines or peaches, thinly sliced
1 to 2 jalapeño chilies, finely chopped, if desired
2 tablespoons chopped fresh cilantro, if desired

DIRECTIONS

1. In small bowl, mix all dressing ingredients.
2. In large bowl, mix all salad ingredients. Just before serving, add dressing; toss gently to mix.



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

NUTRITION INFORMATION PER SERVING

Serving Size:	1 cup	Total Fat:	5 g	Saturated Fat:	1 g
Calories:	170	Calories from Fat:	45	Carbohydrates:	31 g
Cholesterol:	0 mg	Dietary Fiber:	2 g	Sodium:	120 mg
Sugars:	22 g	Protein:	1 g		



Recipe adapted from www.eatbetterearly.com