



A Nutrition Resource

SUMMER BOUNTY SALAD

Yield: 9 Servings | Serving Size: 1 cup

Ingredients:

- 7 cups cut-up vegetables (such as zucchini, broccoli, carrots, radishes, green onions)
- 1 pepper, sliced (green, red, yellow, or orange)
- 2 tomatoes (red, yellow, or mixed)
- 1 1/8 cup fat-free dressing

Directions:

- 1) Wash and prepare the vegetables. (Cut the carrots and zucchini in slices, slice, or chop tomatoes, cut the broccoli and cauliflower into florets.) If you plan to make this ahead or keep for several days, seed the tomatoes or they get too juicy.
- 2) Combine all vegetables and salad dressing in a bowl, stirring to coat vegetables. Cover and refrigerate 1-3 hours to blend flavors. Store any leftovers in refrigerator and use within 3 days.

Note: Nutrition Facts label shows nutrients for:

- 2 cups chopped zucchini
- 2 cups broccoli florets
- 1 cup chopped carrot
- 1 cup sliced radishes
- 1 cup chopped green onion
- 1 green pepper
- 2 large tomatoes
- 1 1/8 cup fat free ranch dressing

This material is provided by the Iowa State University Extension and Outreach. For more tips like this, visit the Spend Smart. Eat Smart. website. <http://tinyurl.com/c59523>

Nutrition Facts

9 servings per container
Serving size 1 cup (166g)

Amount per serving
Calories 70

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 0g Added Sugars	0%

Protein 1g	
Vitamin D 0mcg	0%
Calcium 38mg	2%
Iron 1mg	6%
Potassium 298mg	6%

*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.



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