

## Side Salad

### NUTRITION DATA

Serving size: 1 cup salad  
2 tablespoons of dressing

Calories .....	63
Fat .....	0
Cholesterol.....	0
Na.....	85 mg
Carbs.....	12 gm
Protein.....	0
Vitamin A.....	36 mcg
Vitamin C.....	6

*\* Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.*



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### INGREDIENTS:

Mixed greens 1 ounce  
Cucumbers 3 slices  
Teardrop tomatoes 3 each  
Croutons 1 teaspoon  
Fat free raspberry vinaigrette 2 ounces

### DIRECTIONS:

1. Place 1 ounce of mixed green lettuce in a bowl.
2. Add 1 oz of dressing and mix well
3. Place greens on salad plate
4. Top with cucumbers, tomatoes and croutons



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# EATING HEALTHY FOR LIFE

## *Side Salad*

### SHOPPING LIST

- Mixed greens
- Fresh Cucumbers
- Teardrop tomatoes
- Croutons
- Fat free raspberry vinaigrette



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