

Rainbow Layered Salad

Ingredients:

1 pint red grape or cherry tomatoes, quartered
1 cup carrots, shredded
1 cup frozen corn kernels
2 avocados, sliced into thin wedges
1 cup red cabbage, thinly sliced
1 cup blue corn chips, crushed

Juice of 1 lime
Juice of 1 lemon
1/4 cup olive oil
1/2 teaspoon salt
1/2 teaspoon ground pepper

Directions:

1. In a clear glass serving bowl, layer the tomatoes, carrots, frozen corn, avocados, red cabbage, and blue corn chips, in order. Let stand at least 15 minutes for corn to fully defrost.
2. Make salad dressing by whisking together lime juice, lemon juice, olive oil, salt, and pepper.
3. Serve salad with dressing on the side.

Nutrition Facts	
Serving Size 1 cup (211g)	
Servings Per Container 6	
Amount Per Serving	
Calories 170	Calories from Fat 90
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 8g	32%
Sugars 4g	
Protein 3g	
Vitamin A 70%	Vitamin C 50%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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Source: <http://www.eatright.org/resource/food/planning-and-prep/recipes/rainbow-layered-salad-recipe>

