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

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

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.

For more information, please contact:
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Source: *http://www.eatright.org/resource/food/planning-and-prep/recipes/rainbow-layered-salad-recipe*