Easy Garden Salad

Ingredients:

- 8 cups romaine lettuce
- 1 endive bulb, cored and chopped
- 1 pint grape tomatoes, halved
- 3 – 4 radishes, trimmed ends and halved
- 1 – 2 carrots, peeled, halved lengthwise and sliced
- 2 cucumbers, chopped

Dressing:

- 1/2 cup plain Greek yogurt, non-fat
- 1 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1 1/2 teaspoons lemon juice
- 1/2 teaspoon dill, dried
- 1/4 teaspoon salt
- 2 tablespoons water

Directions

1. Dressing: combine all ingredients in bowl or mason jar and mix well until combined.
2. In large bowl, combine lettuce, endive, tomatoes, radishes, carrots, and cucumber.
3. Pour dressing over salad and toss until evenly coated.

Nutrition Facts

Serving Size 1 1/2 cup (273g)
Servings Per Container 8

Amount Per Serving

Calories 60	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 35mg	**1%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 4g	**16%**
Sugars 6g	
Protein 4g	

Vitamin A 130% • Vitamin C 50%

Calcium 10% • Iron 10%

*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

Benteh Nuutah Valley Native Primary Care Center | Wellness Center
(907) 631-7630 | southcentralfoundation.com

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