



## Create Your Own Salad!



### Ingredients:

- 2 cups salad greens (romaine, spinach, or mixture)
- 1 cup chopped vegetables and/or fruits, such as cucumber, frozen peas or corn (thawed), red onion, tomato, mango, avocado, carrots, or salsa
- 3 ounces\* chopped cooked chicken, beef, or pork, or ¼ cup canned beans, drained or 1 hard-boiled egg, chopped (\*3oz = size of deck of cards)
- 1 tablespoon chopped dried fruit, shredded cheese, or chopped nuts
- 2 Tablespoons lowfat salad dressing

### Instructions:

1. Arrange greens on large plate or bowl.
2. Add vegetables and/or fruits plus meat, beans, or egg.
3. Add dried fruit, cheese, or nuts.
4. Add dressing.

**Tips:** Use fresh produce to tempt hot weather appetites. Add whole grain cereal, baked chickpeas, or pomegranate seeds if you want more crunch.

**Note:** Nutrition Facts show information for romaine, cucumber, peas, tomato, carrots, raisins, chicken, and lowfat Italian dressing.

**Nutrition Facts:** Servings: 1, Serv. size: 4 cups  
**Amount per serving:** Calories 230, Total Fat 4g, Sat. Fat 1g, Trans Fat 0g, Cholest. 55mg, Sodium 390mg, Total Carb. 25g, Fiber 5g, Total Sugars 16g (Incl. 0g Added Sugars), protein 24g

*This material is provided by Iowa State University Extension and Outreach.*

See back for details on **DOUBLING** your SNAP purchasing power!



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# How to stretch your SNAP dollars at the market:

Get **FREE** fruits & vegetables with  
**DOUBLE SNAP DOLLARS**  
in 3 easy steps:



**BUY \$1**



**GET \$1**

**1**

Bring your EBT Card to the market info booth before you shop

**2**

Swipe EBT Card to get market tokens for SNAP-eligible foods

**3**

Also ask for FREE Double SNAP Dollar (DSD) tokens to spend on fruits and veggies—up to \$20!

Find all sites and learn more at [DoubleDollarsMT.com](http://DoubleDollarsMT.com)

**And there's more!**



**SIGN-UP** for  
**Buy Eat Live Better's**  
**FREE** nutrition classes



**Earn up to three \$20 Double SNAP Dollar Coupons for attending!**

To register for a class, go to [www.buysatlivebetter.org](http://www.buysatlivebetter.org) and click on "Class Sign Up."



Community Food & Agriculture Coalition



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