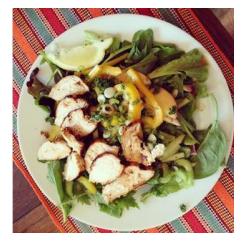




Create Your Own Salad!



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.

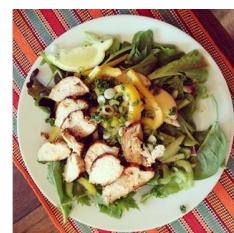
Nutrition Facts: Servings: 1, Serv. size: 4 cups
Amount per serving: Calories 230, Total Fat 4g, Sat. Fat 1g, Trans Fat 0g, Cholest. 55mg, Sodium 390mg, Total Carb. 25g, Fiber 5g, Total Sugars 16g (Incl. 0g Added Sugars), protein 24g

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!

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