

Eat Smart • Move More

Ensalada de Acompañamiento

Tiempo de Preparación: 10 minutos

Tiempo Total: 10 minutos



Ingredientes

4 tazas de hojas verdes, lavadas y desgarradas
1 taza de vegetales picados
1/4 taza de aderezo reducido en grasa

Nutrition Facts

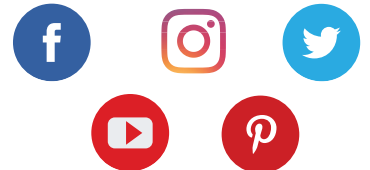
4 servings per container		
Serving size		1 serving
		(80.38g)
Amount per serving		
Calories		35
		% Daily Value*
Total Fat	1.5g	2%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	135mg	6%
Total Carbohydrate	5g	2%
Dietary Fiber	1g	4%
Total Sugars	2g	
Includes g of Added Sugars		
Protein	2g	
Vitamin D	0mcg	0%
Calcium	47mg	4%
Iron	1mg	6%
Potassium	243mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Consejos Rápidos

- ▶ Las hojas verdes incluyen a la espinaca, la lechuga romana, la col kale, la arúgula y la acelga suiza.
- ▶ Los pepinos, tomates, zanahorias y cebollas son vegetales comunes para una ensalada de acompañamiento.
- ▶ Mezcle y combine vegetales y frutas de su elección. ¡Las posibilidades son infinitas!

Follow us | Like us



www.eatsmartmovemoreva.org

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This work was supported by the USDA National Institute of Food and Agriculture, Expanded Food and Nutrition Education Program. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

 **Virginia Cooperative Extension**
Virginia Tech • Virginia State University

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.

Preparación

- Colocar las hojas verdes en un bol para mezclar y cubrir con vegetales picados. Rociar el aderezo sobre la ensalada y mezclar para combinar. NOTA: Agregar el aderezo justo antes de servir.

(Receta de North Dakota Extension Service publicada en <https://www.ag.ndsu.edu>.)

www.eatsmartmovemoreva.org