

Whole Meal Salad



2 cups salad greens, romaine, spinach or mixture

1 cup chopped vegetables and/or fruits

1 oz chopped cooked chicken, beef, or pork; or 1 hard-cooked egg, or

¼ cup canned beans, drained

1 Tbsp chopped dried fruit, shredded cheese or chopped nuts

2 Tbsp lowfat salad dressing

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