



A Nutrition Resource

# SUMMER BOUNTY SALAD

**Yield: 9 Servings | Serving Size: 1 cup**

## Ingredients:

- 7 cups cut-up vegetables (such as zucchini, broccoli, carrots, radishes, green onions)
- 1 pepper, sliced (green, red, yellow, or orange)
- 2 tomatoes (red, yellow, or mixed)
- 1 1/8 cup fat-free dressing

## Directions:

- 1) Wash and prepare the vegetables. (Cut the carrots and zucchini in slices, slice, or chop tomatoes, cut the broccoli and cauliflower into florets.) If you plan to make this ahead or keep for several days, seed the tomatoes or they get too juicy.
- 2) Combine all vegetables and salad dressing in a bowl, stirring to coat vegetables. Cover and refrigerate 1-3 hours to blend flavors. Store any leftovers in refrigerator and use within 3 days.

**Note:** Nutrition Facts label shows nutrients for:

- 2 cups chopped zucchini
- 2 cups broccoli florets
- 1 cup chopped carrot
- 1 cup sliced radishes
- 1 cup chopped green onion
- 1 green pepper
- 2 large tomatoes
- 1 1/8 cup fat free ranch dressing

*This material is provided by the Iowa State University Extension and Outreach. For more tips like this, visit the Spend Smart. Eat Smart. website. <http://tinyurl.com/c59523>*

## Nutrition Facts

9 servings per container  
**Serving size 1 cup (166g)**

Amount per serving  
**Calories 70**

	% Daily Value*
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 280mg	12%
<b>Total Carbohydrate</b> 14g	5%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 0g Added Sugars	0%

<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 38mg	2%
Iron 1mg	6%
Potassium 298mg	6%

\*The % Daily Value 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.



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