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Green and Orange Salad

Ingredients

1 head green leafy lettuce

2 oranges

1 small Jicama

low-fat vinaigrette dressing (optional)

Makes 6 servings

Instructions

1. Wash lettuce, drain and tear into pieces.
2. Peel and slice orange into ¼ inch thick pieces.
3. Wash and peel Jicama (Mexican potato), slice into ¼ inch thick pieces.
4. Combine all ingredients in a bowl. Chill before serving.

Nutrition Facts

Serving Size 1 cup
Servings Per Container 6

Amount Per Serving

Calories 60	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 20mg	**1%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 5g	**20%**
Sugars 7g	
Protein 2g	

Vitamin A 90% • Vitamin C 90%
Calcium 6% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

0% calories from fat

Source: Cornell Cooperative Extension of Schoharie County. December 2009

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