

# Every Shade of Green Salad

The combination of green fruits and vegetables makes for a nutritious addition to any meal!

Makes: 4 servings

Prep Time: 15 minutes

Source: [ChopChopFamily.org](http://ChopChopFamily.org), Every Shade of Green Salad

## Ingredients

- 1 head romaine lettuce, washed and torn
- 1 bunch flat leaf spinach, washed and torn (or 1 5-ounce bag of fresh baby lettuce)
- 1 small cucumber, scrubbed and diced
- 1/2 cup green beans
- 1/4 cup diced celery
- 1/2 avocado, diced
- 16 green grapes
- 1/4 cup ranch dressing

## Directions

1. Put the lettuce, spinach, cucumber, green beans, celery, avocado, and grapes in the salad bowl and toss well.
2. Add Ranch Dressing and toss again.
3. Serve right away.

## Utensils Needed

- Cutting board
- Sharp knife
- Large salad bowl
- Measuring cups
- Tongs (or spoon and fork to toss)



Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 1/4 of recipe

Nutrients	Amount
Calories:	129
Total Fat:	7 g
Saturated Fat:	1 g
Cholesterol:	5 mg
Sodium:	176 mg
Total Carbohydrates:	14 g
Dietary Fiber:	4 g
Total Sugars:	5 g
Added Sugars:	n/a
Protein	3 g

# SHOPPING LIST

Average total cost without oil and seasonings: \$14.43

Average cost/serving: \$3.61

Recipe makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

## Ingredients



Add 1 to Cart  
Romaine Lettuce



Add 1 to Cart  
Green Beans (12 oz.)



Add 1 to Cart  
Spinach (10 oz.)



Add 1 to Cart  
Celery



Add 1 to Cart  
Cucumber



Add 1 to Cart  
Avocado



Add 1 to Cart  
Green Grapes (ave. 2.25 lbs.)



Add 1 to Cart  
Light Ranch Dressing (16 fl. oz.)

## SAVE TIME, SAVE MONEY

### Storage Tips

- Leftover grapes? Refrigerate in a plastic bag for up to 1 week. Or try freezing grapes on their own as a chilled treat or into ice cubes to dress up a glass of plain water!
- Refrigerate leftover lettuce or spinach in a plastic bag for 3-5 days. Be sure to place a dry paper towel in the bag to absorb any extra moisture.

### My Cooking Notes