



## Fresh Spring Salad

This salad is **bursting** with nutrients - specifically, vitamins A and C, and potassium. It's also a good source of fiber, cholesterol-free, and low in saturated fat. Its colorful mix is a great indication of the nutrients it contains. Aim for a rainbow of colors daily to maximize your nutritional intake.

### Ingredients:

1 large package spring salad mix  
2 cups fresh spinach, rinsed with stems removed  
1 red bell pepper, chopped  
1 orange bell pepper, chopped  
1 yellow bell pepper, chopped  
1 green bell pepper, chopped  
1 container grape or cherry tomatoes  
1 cup shredded carrots  
1 ripe avocado, pitted and sliced  
½ cup lightly salted roasted almonds  
1/8 - ¼ cup olive oil (you may prefer to add less or slightly more)  
Balsamic vinegar, to taste

### Directions:

1. Add all fresh vegetables in a large bowl. Toss gently with olive oil and vinegar to taste.
2. Enjoy the colorful, nutrient-dense meal!

### Notes:

- Nutrition analysis is an estimate only and is based on ¼ cup olive oil.
- You may wish to add grilled skinless chicken breast or tuna fish to make this a complete meal (the addition of protein to this salad has not been calculated into nutrition information estimate).

### Nutrition information (per serving; Yield 4 servings):

Calories: 347  
Protein: 6g  
Saturated Fat: 2g  
Carbohydrate: 18g  
Dietary Fiber: 5g  
Calcium: 99mg  
Iron: 2.75mg  
Potassium: 916mg  
Vitamin A: 11,442 IU  
Vitamin C: 160mg  
Cholesterol: 0mg