

Recipe: Cuban Salad



Photo credit Myplate.gov

Number of servings: 4

Food Safety Tips:

1. Wash hands for 30 secs with hot water and soap
2. Sanitize all food prep surfaces and cooking utensils
3. Rinse and scrub all produce

Ingredients

For the Dressing:

- 3 tablespoons vegetable oil
- 1/4 cup fresh lime juice (1 large or 2 small limes)
- 1 teaspoon garlic (peeled and minced)
- 1/4 teaspoon Kosher salt
- 1/4 teaspoon black pepper

For the Salad:

- 1 head Romaine lettuce (washed, patted dry with paper towels, and torn into bite-sized pieces)
- 2 large tomatoes (diced)
- 1 red onion (finely diced)
- 6 radishes (thinly, sliced)

Instructions

To make the dressing:

1. Put the oil, lime juice, garlic, salt, and pepper in the small bowl and mix well. Lemon juice can be used instead of lime juice.

To make the salad:

1. Put the lettuce, tomatoes, onion, and radishes in the mixing bowl and toss to combine. White onion can be used instead of red onion.
2. Pour the dressing over the lettuce mixture and toss. Serve right away.

Nutrition Facts

Amount Per Serving 1 Cup

Calories 154

Total Fat 11g

Saturated Fat 1g

Trans Fat

Cholesterol 0 mg

Sodium 194 mg

Total Carbohydrate 14g

Dietary Fiber 7g

Sugars 5g

Added Sugars 0g

Protein 3g

Vitamin D 0 mcg

Calcium 119 mg

Iron 2 mg

Potassium 808 mg

Notes: For protein, add low-sodium canned tuna or salmon on top of the salad.

Recipe credit: Myplate.gov, & USDA Center for Nutrition Policy and Promotion