



Kitchen Sink Salad

A great way to utilize leftovers and incorporate different nuts and seeds!

****Multiply by 4 for class****

<u>U.S.</u>		<u>Metric</u>
2 cups	Mixed Greens	30g
1 Tbsp	Cashews, toasted	14g
1/2 cup	Cucumbers, diced	60g
1 cup	Spicy Chickpeas with Quinoa (see recipe), cold	300g
2 Tbsp	Lemon Yogurt Dressing (see recipe)	30mL

Preparation:

1. Gather all ingredients and equipment.
2. Toss all ingredients together. Serve immediately. If not serving right away, leave the dressing on the side until ready to eat.

Nutrition Facts

1 Serving

Serving size **1 salad**

Amount per serving

Calories **400**

Total Fat 20 g

 Saturated Fat 3 g

 Trans Fat 0 g

 Monounsaturated Fat 12 g

Cholesterol 0 mg

Sodium 450 mg

Total Carbohydrate 46 g

 Dietary Fiber 11 g

 Total Sugars 11 g

 Includes <1g Added Sugars

Protein 13 g

Vitamin D 0 %

Calcium 9 %

Iron 17 %

Potassium 600 mg

Phosphorus 240 mg
