

RAINBOW SALAD

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 5 (Serving= 1 cup salad with 14 baked tortilla chips)

Nutrition (per serving)

Calories: 190

Total Fat: 4 g

Saturated Fat: 1 g

Sodium: 260 mg

Total Carbohydrate: 32 g

Dietary Fiber: 4 g

Protein: 7 g



Ingredients

- 1 green apple, diced
- 1 red bell pepper, diced
- 1¼ cups carrots, shredded

Dressing

- 2 Tablespoons 100% orange juice
- 1/3 cup light vanilla yogurt

- ¾ cup reduced fat cheddar cheese, shredded
- 1 ½ cup romaine lettuce, shredded
- 14 Tostito's® baked scoops



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Directions

1. In a large bowl, add apple, red pepper, carrots, cheddar cheese, and romaine lettuce.
2. In a medium bowl, whisk the orange juice and yogurt.
3. Pour dressing over salad mixture and toss to coat.
4. Serve with baked tortilla scoops.