



## December 11- Leaf Finger Salad

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/leaf-finger-salad>

### Recipe

*Ingredients:*

- 4 iceberg lettuce leaves (large)
- 1 cucumber (sliced)
- 1 beet (shredded)
- 1 carrot, medium (shredded)
- 6 teaspoons sunflower seeds
- 2 teaspoons olive oil
- 2 teaspoons balsamic vinegar

*Directions:*

1. Lay lettuce leaves on a flat surface. Top each leaf with all ingredients: cucumbers, carrots, beets, and sunflower seeds.
2. Drizzle each leaf with olive oil and balsamic vinegar.
3. Slowly roll the leaf with all ingredients.

Yield 2 servings

Nutrition Facts	
Serving Size 2 leaves (255.8g)	
Servings Per Container 2	
<b>Amount Per Serving</b>	
<b>Calories</b> 160	Calories from Fat 80
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 1g	<b>6%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 60mg	<b>2%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 4g	<b>15%</b>
Sugars 8g	
<b>Protein</b> 4g	<b>7%</b>
Vitamin A 110%	Vitamin C 15%
Calcium 6%	Iron 8%
* Percent Daily Values are based on a 2,000 calorie diet.	