

HEARTY VEGETABLE SALAD

Makes 8 servings
Serving Size: 1/2 cup

Nutrition information

Per Serving

140 calories	
Total Fat	.5 g
Saturated Fat	0 g
Protein	4 g
Total Carbohydrate	17 g
Dietary Fiber	3 g
Sodium	130 mg



Ingredients

- 1 (15-ounce) can unsalted baby green lima beans, drained
- 1 (15-ounce) can unsalted whole-kernel corn, drained
- 1 medium tomato, chopped
- 1/4 cup chopped onion
- 1/3 cup bottled Italian dressing (or from recipe below)
- Black pepper to taste

Directions

1. Heat lima beans and corn in microwave for 2 minutes. Cover loosely during heating. Cool.
2. In large bowl, combine lima beans, corn, tomatoes and onions.
3. Pour Italian dressing over vegetable mixture and toss. Add black pepper to taste.
4. Serve immediately or chilled.



Balsamic Dijon Vinaigrette Serves 8, Serving Size: 2 tablespoons

Prep Time: 5 minutes, Total Time: 5 minutes

Ingredients

- 6 tablespoons balsamic vinegar
- 1 tablespoon Dijon mustard
- 6 tablespoons olive oil
- Salt and fresh ground pepper to taste

Directions

1. Combine all ingredients in jar with tight fitting lid.
2. Shake vigorously.
3. Serve immediately with your favorite salad or chill until serving.

Note: if you chill the dressing, remove from the refrigerator a few minutes prior to serving to bring to room temperature. Shake to combine ingredients.

Nutrition Information per

Serving: (Based on 1 teaspoon salt and 1 teaspoon pepper)

Serving Size: 2 tablespoons
102 calories
Carbohydrates: 2 grams
Fiber: 0 grams
Protein: 0 grams
Fat: 10 grams
Sodium: 315 mg



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