Green and Gold Salad Bowl

Makes: 25 servings

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Ingredients	Weight	Measure
Mixed salad greens	1 1/2 lb	3/4 gal
Oranges		6 each
Sugar snap peas or broccoli		1 1/2 cups
Sunflower seeds, hulled		3/4 cup
Asian salad dressing	6 oz	

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	61	
Total Fat	2.61 g	
Protein	1.68 g	
Carbohydrates	8.55 g	
Dietary Fiber	1.92 g	
Saturated Fat	0.2 g	
Sodium	80.5 mg	

Directions

1. Wash and dry lettuce.
2. Peel and cut oranges into half cartwheels.
3. Blanch and chill sugar snap peas or broccoli.
4. Combine greens, oranges, sugar snap peas or broccoli and sunflower seeds. Toss with salad dressing. Serve.