

Cuban Salad

Prep time: 20 minutes

Makes: 4 Servings

This classic salad blend of lettuce, tomatoes, onion, and radishes are brought to life with the refreshing dressing made with oil, lime juice, and seasonings.

Ingredients

For the Dressing:

1/4 cup vegetable oil

1/4 cup Fresh lime juice (1 large or 2 small limes)

1 teaspoon garlic (peeled and minced)

1/2 teaspoon Kosher salt

1/4 teaspoon black pepper

For the Salad:

1 head Romaine lettuce (washed, patted dry with paper towels, and torn into bite-size pieces)

2 large tomatoes (diced)

1 red onion (finely diced)

6 radishes (thinly, sliced)

Directions

To make the dressing:

1. Put the oil, lime juice, garlic, salt, and pepper in the small bowl and mix well. Lemon juice can be used instead of lime juice.

To make the salad:



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	154	
Total Fat	11 g	17%
Protein	3 g	
Carbohydrates	14 g	5%
Dietary Fiber	7 g	28%
Saturated Fat	1 g	5%
Sodium	194 mg	8%

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Vegetables	2 3/4 cups
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1. Put the lettuce, tomatoes, onion, and radishes in the mixing bowl and toss to combine. White onion can be used instead of red onion.
2. Pour the dressing over the lettuce mixture and toss. Serve right away.

Notes

For protein, add low-sodium, canned tuna, sardines, or salmon on top of the salad.