

Vegetable Salad (continued)

Note: You can also use a 16 ounce bag of frozen vegetables in place of canned corn, carrots, and green beans. However, analysis was done with ingredients as specified in the recipe.

Cost: Per recipe: \$3.43 ~ Per serving: \$0.29

Nutrition Information per serving: Calories 90; Total Fat 5g; Cholesterol 0 mg; Sodium 280 mg; Total Carbohydrate 11g; Protein 1g.



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407 S. Second Street, Alma, WI 54610. Phone: 1-608-685-6256

Pepin County Wisconsin Nutrition Education Program
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