

**CHS Recipes:**

Item	Brand	Grocery Aisle	Serving	Food Group Count	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein
Fat-Free Italian Garden Salad	Ken's Fat Free Italian Dressing	Recipe	2 cups	1.5	61	0	0	0	401	12	3	5	2
Fat-Free Italian Garden Salad w/o Carrots	Ken's Fat Free Italian Dressing	Recipe	2 cups	1	49	0	0	0	393	10	2	5	1
Fat-Free Italian Garden Salad	Walden Farms Calorie Free Italian Dressing	Recipe	2 cups	1.5	36	0	0	0	271	7	3	1	2
Light Italian Garden Salad	Newman's Own Light Italian Dressing	Recipe	2 cups	1.5	94	6	1	0	261	7	3	1	2
Light Italian Garden Salad w/o Carrots	Newman's Own Light Italian Dressing	Recipe	2 cups	1	84	6	1	0	253	5	2	1	1
ADD: Mixed Greens	Any	Produce	1 cup	0.5	10	0	0	0	48	2	1	1	1
Cilantro Lime Side Salad	CookingHeartSmart	Recipe	2 cups	.5 Veg/.5 Fat	206	15	3	6	272	15	2	4	5
Pico de Gallo Salad	CookingHeartSmart	Recipe	1.5 cups	1.5	44	0	0	0	21	9	2	0	1

Last update: 12/14/21