

VYP

Vary Your Protein Recipe Series

Recipe Category: Cold Main Dish

Southwestern Slaw Dinner Salad

Yield: 2 servings, about 1 1/4 cups each

- 2 tablespoons reduced fat “light” ranch salad dressing
- 1/4 cup chunky salsa
- 2/3 cup cooked black beans, cooked without salt, drained and rinsed
- 1/4 cup frozen sweet corn kernels, thawed
- 2/3 cup chopped cooked chicken, turkey, beef or pork (without skin, bones or fat)
- 1 1/2 cups shredded fresh cabbage

1. Wash your hands and work area.
2. In a serving bowl, stir together all ingredients.
3. Serve cold.
4. Cover and refrigerate leftovers within two hours.



K-STATE
Research and Extension

*Meal suggestion:
Serve with a wedge of cantaloupe, whole grain bread and low-fat milk.*

This healthy, lean cold main dish is an excellent source of vitamin C and dietary fiber, and a good source of iron.

Nutrition Facts

Serving Size about 1 1/4 cups (217g)
Servings Per Container 2

Amount Per Serving

Calories 220 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 410mg **17%**

Total Carbohydrate 24g **8%**

Dietary Fiber 7g **28%**

Sugars 4g

Protein 21g

Vitamin A 4% • Vitamin C 35%

Calcium 6% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

1 1/2 carbohydrate choices per serving.

For more information about healthy eating, contact your local extension office or log on to www.ksre.ksu.edu/humannutrition/. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, **Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS**. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, “VYP Recipe Series,” Jan. 2009. This material was funded by USDA’s Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.