



Layered Club Salad



Where service *and savings* matter.

SERVINGS: 6

INGREDIENTS:

NUTRITIONALS

Nutritional analysis per serving: calories 300, calories from fat 100, total fat 11g, saturated fat 5g, cholesterol 50mg, sodium 1040mg, total carbohydrate 30g, dietary fiber 3g, sugars 7g, protein 22g, vitamin A 100%, vitamin C 45%, calcium 20%, iron 10%

- 8 cups shredded romaine lettuce
- 1 cup Food Club fat free ranch
- 1 large tomato, seeded and diced
- 2 cups cherry tomatoes cut into halves
- 2 cups Food Club seasoned croutons
- 6 oz cooked ham, cubed
- 4 oz Monterey jack cheese, cubed
- 6 oz reduced fat cooked turkey, cubed
- 1/8 cup bacon bits

DIRECTIONS:

1. In a large clear salad bowl, layer lettuce, 1/2 cup of the salad dressing, diced tomato, cherry tomatoes (placed cherry tomato halves up against the side of the bowl), croutons, ham, cheese and turkey.
2. Pour remaining 1/2 cup salad dressing over the top and sprinkle with bacon bits.

Source: Denise Brown, San Antonio

visit unitedtexas.com for more recipe ideas

★ Layered Club Salad ★

Shopping List

PRODUCE:

- 1 Head Romaine lettuce
- 1 Tomato, large
- 1 Pint cherry tomatoes

MEAT/POULTRY/SEAFOOD:

- 6 oz. ham
- 6 oz. reduced fat turkey
- Bacon bits

DAIRY:

- 4 oz. Monterrey Jack cheese

GROCERY/FROZEN/MISCELLANEOUS:

- Food Club fat free ranch dressing
- Food Club seasoned croutons