



POW PIZZA SALAD

Nutrition Facts

Serving Size: SERVING
Serving per Container: 1

Amount Per Serving

Calories: 220

Calories from Fat 124

% Daily Value*

Total Fat 13.8g

21%

Saturated Fat 4.4g

22%

Trans Fat N/A

Cholesterol 39mg

13%

Sodium 951mg

40%

Total Carbohydrate 7.7g

3%

Dietary Fiber 2.4g

8%

Protein 13.2g

26%

Vitamin A 50%

Vitamin C 26%

Calcium 25%

Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.

Pizza Salad

(Serves 4)

- 5 cups lettuce
- 1 cup sliced tomato
- 1 cup sliced mushrooms
- 1 cup yellow peppers
- 1/4 cup sliced turkey pepperoni
- 1/2 cup grated mozzarella cheese
- 1/4 cup sliced olives (rinsed in cool water)

Dressing:

- 1/4 cup light ranch salad dressing
- 1/4 cup pizza sauce or 1/4 cup tomato sauce (no salt added)

Directions:

1. Wash the lettuce in cool water, and tear into bite size pieces
2. In a large bowl, add lettuce, tomato, mushrooms, bell pepper, pepperoni, and cheese.
3. In small bowl, mix ranch salad dressing and tomato sauce. Drizzle over salad. Serve with breadsticks, Yum!