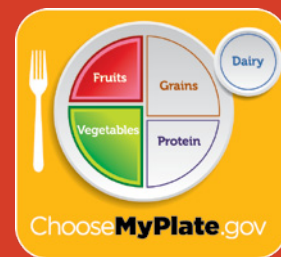


Apple Banana Salad with Peanuts

Preparation Time: 15 minutes

Enjoy a fresh, flavorful change of pace with a surprising mix of lettuce, apples, and bananas, topped with a paprika dressing. Perfect for the busy holidays.



Ingredients

2 packages Fresh Express® 5-Lettuce Mix™ (12 oz total)

2 ripe Chiquita® bananas

1 14-oz package Chiquita® Juicy Red Apple Bites

$\frac{3}{4}$ cup dry roasted peanuts

Dressing

$\frac{1}{3}$ cup plain low-fat yogurt

2 tbsp fat-reduced mayonnaise

1 tbsp honey

2 tsp paprika

Whisk together dressing ingredients. Slice bananas. In a large salad bowl, toss mixed greens, banana and apple slices, peanuts, and dressing. Serves 4.

Tips on how to store Fresh Express Salad and Chiquita Apple Bites

- Fresh Express salads and Chiquita Apple Bites are thoroughly washed and ready to eat, so there's no need to re-wash them.
- To keep them fresh, be sure to keep them refrigerated.
- For best fresh taste, use pre-packaged items by the USE BY date on the bag.

Tips on how to select and store bananas

- Choose bananas that are slightly green on the stem and tip. They should be firm, without bruises.
- Store unripe bananas at room temperature. Store ripe bananas in refrigerator for up to two weeks; skin may turn black.

For more great-tasting recipes featuring Chiquita and Fresh Express products, visit www.freshexpress.com and www.chiquita.com

Recipe cost

\$6.50 for four, \$1.63 per serving.

Meal cost

\$7.61 for four, \$1.90 per serving.

*Retail prices, Boulder, Colorado and online, Fall 2011.

Recipe Nutrition Information per Serving

Calories 330
Total Fat 17g
Saturated Fat 2.5g
% of Calories from Fat 46%
% Calories from Sat Fat 7%
Protein 10g
Carbohydrates 42g
Cholesterol 5mg
Dietary Fiber 8g
Sodium 300mg

An excellent source of fiber, vitamin A, vitamin C, riboflavin, B6, folate, potassium, phosphorus, magnesium, and copper, and a good source of protein, vitamin E, thiamin, niacin, biotin, iron, iodine, and copper. *Note: analysis reflects packaged Chiquita Apple Bites, which have higher vitamin C & calcium than unpackaged apples.*

MyPlate Food Group Amounts

Fruits 1¼ cups	Protein 2 oz
Vegetables 1 cup	Dairy 0
Grains 0	

Meal Nutrition Information per Serving

(Serve with 8 oz non-fat milk, and one slice of rustic whole grain bread.)

Calories 490
Total Fat 18g
Saturated Fat 3g
% of Calories from Fat 33%
% Calories from Sat Fat 6%
Protein 22g
Carbohydrates 67g
Cholesterol 10mg
Dietary Fiber 10g
Sodium 520mg

An excellent source of protein, fiber, vitamin A, vitamin C, vitamin D, thiamin, niacin, riboflavin, B6, folate, B12, potassium, calcium, phosphorus, magnesium, zinc, iodine, and copper, and a good source of vitamin E, biotin, pantothenic acid, and iron.

MyPlate Food Group Amounts

Fruits 1¼ cups	Protein 2 oz
Vegetables 1 cup	Dairy 1 cup
Grains 1 oz	

Healthy Resources

www.FruitsAndVeggiesMoreMatters.org

www.freshexpress.com

www.chiquita.com

www.FoodChamps.org

www.ChooseMyPlate.gov

MyPlate Core Messages

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

