

Roast Beef and Blue Cheese Salad

Prep time: 10 minutes

Serves: 4

Cost per Serving: \$2.36

Utensils Needed:

4 plates

Knife

Cutting board

Measuring cups

Ingredients:

5 cups packed European-style or spring mix salad greens

8 ounces thinly sliced, well-trimmed deli roast beef

20 cherry tomatoes

1/4 cup (1 ounce) reduced-fat crumbled blue cheese

1/3 cup fat-free raspberry vinaigrette

Directions:

1. Arrange salad greens evenly on each of 4 plates.
2. Divide roast beef into 2 stacks; roll each stack, jellyroll fashion, and cut crosswise into 1-inch slices.
3. Arrange beef, tomatoes, and cheese over greens. Drizzle evenly with vinaigrette.

NUTRITION FACTS

Serving Size	2 cups
Calories	171
Fat	7 g
Cholesterol	5 mg
Sodium	579 mg
Total Carbohydrate	13 g
Dietary Fiber	3 g
Protein	15 g

Serve with: Whole wheat crackers, fresh fruit

