

# RomaCrunch® Shaker Salad

## Servings

1

## Calories

440

## Prep Time

15 minutes

## Total Time

15 minutes

## Skill Level

Easy

## Ingredients

¼ cup ranch dressing mixed with a splash of white wine vinegar to thin it out a bit

⅓ cup Mann's Veggie Power Blend

½ cup Mann's Cauliettes®

⅓ cup halved cherry tomatoes

½ cup Mann's RomaCrunch®, chopped

Handful of candied pecans

½ half avocado, diced



## The Method

Using a large, 32-ounce Mason jar, layer the salad ingredients one at a time as listed above, starting with the dressing at the bottom. Leave about 1-1 ½ inches of space at the top of the jar to allow room for shaking. Screw the lid on top of the jar, turn upside down and shake vigorously until the dressing has been evenly distributed. Dump the salad out onto a dinner plate to serve.

Makes 1 entree salad

## Nutrition Facts

Serving Size: 483g | Servings: 8

## Amount Per Serving

Calories 440 | Total Fat 26g (sat fat 3g trans 0g) | Cholesterol 5mg | Sodium 840mg | Total Carbohydrate 41g | Dietary Fiber 9g | Sugars 27g | Protein 8g | Vitamin D 0% | Calcium 8% | Iron 15% | Potassium 20%