

Family Recipe Cards

Family-size Alaska Salad Recipe Cards

The following are family-size recipe cards for each of the large quantity recipes found in the *Alaska School Salad Book*. Click on an image to link to the recipe in this document.

Schools can include a “salad of the week” recipe in parent newsletters or send a recipe card home to parents to promote your new salads and encourage families to try them at home. Recipe cards can be printed on both sides and cut out so the recipe is on one side and the logos and website address on the other. They can also be printed on one side, cut out and folded to make a 4”x5” card. Follow the printing instructions located on the [next page](#).

The complete *Alaska School Salad Book* and image files of the Family Recipes can be found at:
<http://dhss.alaska.gov/dph/Chronic/Pages/Obesity/nutrition/SchoolNutrition.aspx>

Broccoli Salad



Carrot & Mandarin Orange Salad



Crispy Ranch Chickpeas



Croutons



Curried Barley Salad



Fruit & Cucumber Salad with Fresh Herbs



Hearty Greens & Fruit with Strawberry Basil Dressing



Italian Dressing



Italian Seasoning Powder



Mediterranean Couscous



Pink Potato Salad



Pizza Salad



Quinoa Tabbouleh



Ranch Dressing



Ranch Seasoning Powder



Red Cabbage Asian Slaw



Southwestern Black Bean Salad



Superfood Salad



Two Bean Salad



White Bean Ranch Dip

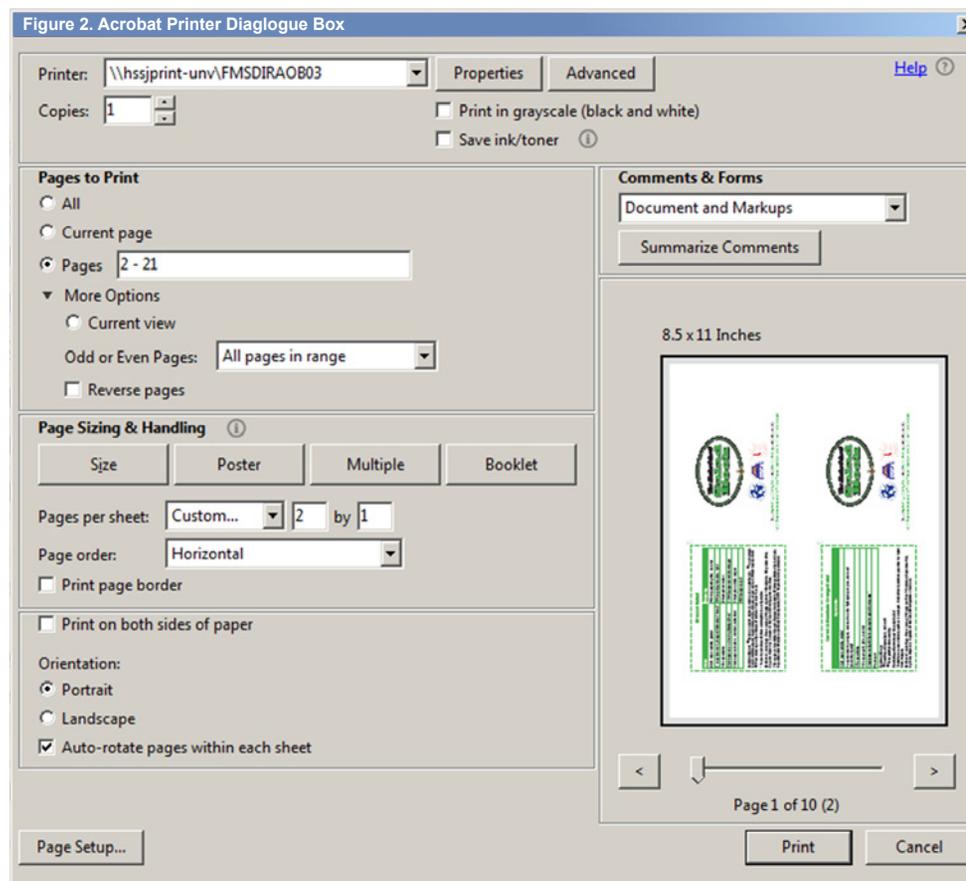
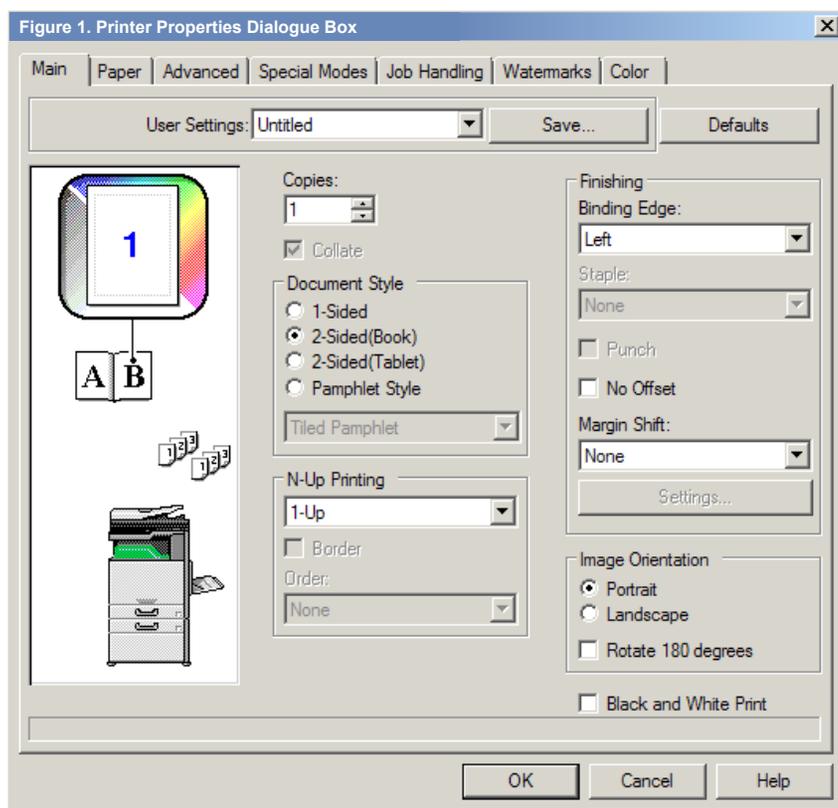


Printing Instructions

Family-size Alaska Salad Recipe Cards

Recipe cards can be printed on both sides and cut out so the recipe is on one side and the logos and website address on the other. They can also be printed on one side, cut out and folded to make a 4"x5" card. Follow the printing instructions located on the last page.

When printed from Acrobat, you can select "multiple" and "custom 2 by 1" pages per sheet, page order "horizontal" with a "portrait" orientation 2 recipes will fit on a page. (Figure 1)



Then in your printer properties dialogue box select "2-sided (book)" with binding on the left in the print dialogue – or similar depending on the printer (yours may look different; every printer is unique to its brand). (Figure 2)

For images (saved as jpg files) of the Family Recipe cards to use on your website, in newsletters, in emails etc. and to download the complete *Alaska School Salad Book* go to: <http://dhss.alaska.gov/dph/Chronic/Pages/Obesity/nutrition/SchoolNutrition.aspx>

Broccoli Salad

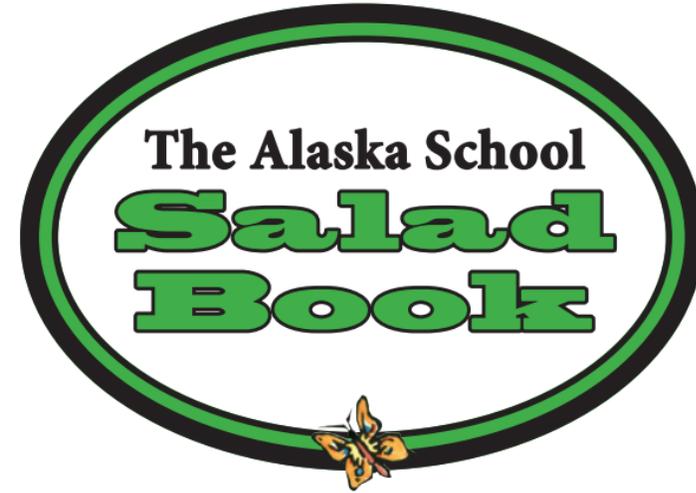
| Salad | Dressing |
|--|--------------------------------|
| 2 2/3 cups carrots, grated | 1/2 cup yogurt, plain, non-fat |
| 2 cups broccoli, chopped into small florets* | 1/4 cup mayonnaise, light |
| 1/3 cup raisins | 2 teaspoons water |
| 2 tablespoons red onion, thinly sliced | 1 1/4 teaspoons white vinegar |
| 1 tablespoon bacon, cooked, crumbled | 1 teaspoon white sugar |
| | 1/8 teaspoon salt |

Instructions: ❶ Combine carrots, broccoli, raisins, onion and bacon. ❷ In a separate bowl, combine yogurt, mayonnaise, water, vinegar, sugar and salt. Whisk together well. ❸ Pour dressing on top of broccoli mixture. Toss well to coat.

* To use frozen broccoli, thaw overnight in the refrigerator.

Makes 4 servings. One serving (1/2 cup) contains 140 calories, 4.5 grams of fat, 5 grams of protein, 2 grams of fiber and 310 milligrams of sodium.

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The **Alaska School Salad Book** and **Family Recipes** can be found at:
<http://dhss.alaska.gov/dph/Chronic/Pages/Obesity/nutrition/SchoolNutrition.aspx>

Carrot & Mandarin Orange Salad

Ingredients

1 2/3 cups carrots, grated

1 cup mandarin oranges, canned in extra light syrup or juice, drained (save the liquid)*

1/4 cup raisins

1/3 cup yogurt, plain, non-fat

1 tablespoon liquid from canned mandarin oranges*

Pinch salt

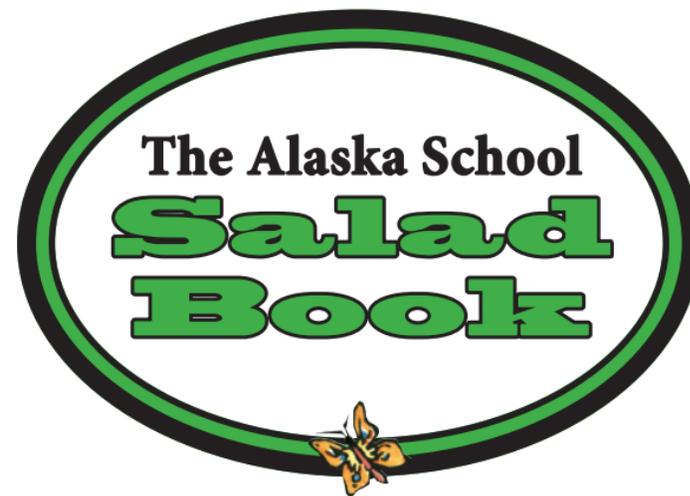
Instructions:

- 1 Combine all ingredients, mix well.
- 2 Toss gently before serving.

Variation: Carrot and Peach Salad

*Substitute canned, diced peaches for oranges. Substitute liquid from peaches for liquid from oranges.

Makes 4 servings. One serving (1/2 cup) contains 70 calories, 0 grams of fat, 2 grams of protein, 2 grams of fiber and 85 milligrams of sodium.



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Crispy Ranch Chickpeas

Ingredients

2 cups chickpeas or garbanzo beans, canned, low-sodium, drained and rinsed.*

1 3/4 teaspoons Ranch Seasoning Powder, or other seasoning of choice**

4 seconds cooking oil spray

Instructions:

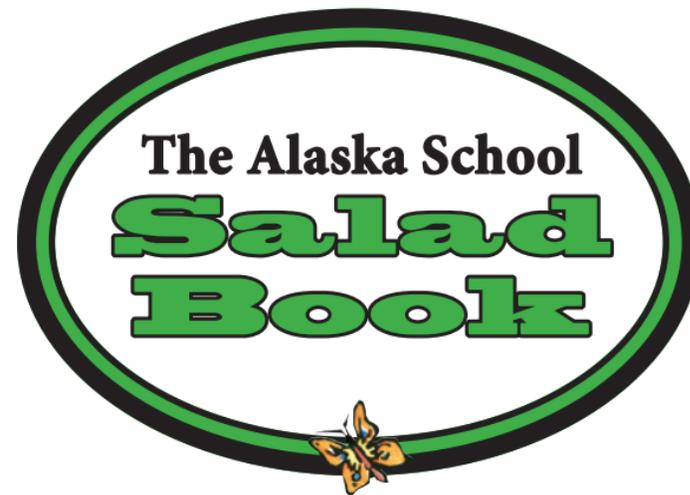
- 1 Place chickpeas in bowl and toss with seasoning mix.
- 2 Pour onto prepared (sprayed or lined) sheet pans.
- 3 Spray oil evenly over the top of chickpeas and gently shake pan(s) to distribute.
- 4 Bake at 350°F for one hour or until peas are dry and crunchy.
- 5 Cool completely. Store in an airtight container for up to 1 week.

Suggestion: Try using Crispy Ranch Chickpeas in place of croutons or crackers in salads and soups.

* Use dry chickpeas that have been cooked and cooled instead of canned.

** For the recipe for Ranch Seasoning Powder, visit the website on the back of this card or use a packaged dry ranch seasoning mix.

Makes 8 servings. One serving (1/4 cup) contains 90 calories, 2.5 grams of fat, 5 grams of protein, 4 grams of fiber and 270 milligrams of sodium.



The **Alaska School Salad Book** and **Family Recipes** can be found at:
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Croutons

Ingredients

3 cups whole grain bread, cut roughly into 1/2-inch cubes.*

1/4 teaspoon parsley flakes, dried

1/8 teaspoon onion powder

Pinch dill weed, dried

Pinch garlic powder

Pinch salt

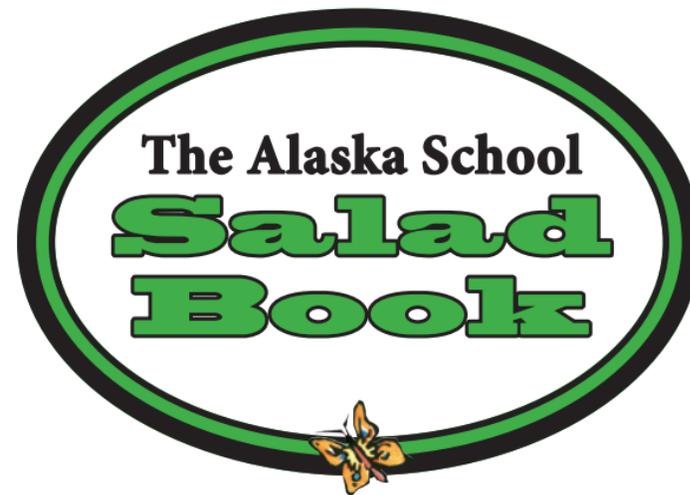
Pinch black pepper, ground

4 seconds cooking oil spray

Instructions: ❶ Place cubed bread in a large bowl. ❷ In a smaller bowl, combine parsley, onion powder, dill weed, garlic powder, salt and black pepper. ❸ Spray bread cubes with 1/3 of cooking spray, then sprinkle with 1/3 of seasoning mixture. ❹ Toss to combine, then repeat until all of cooking spray and seasoning has been combined with bread cubes. ❺ Pour on to prepared (lined or sprayed) sheet pans in a single layer. ❻ Bake at 300°F for 40 minutes, rotating pans halfway through cook time, or until bread is dry and crunchy. Oven temperatures may vary, take care not to burn. ❼ Cool completely and store at room temperature in an airtight container for up to one week.

* Bread of any variety can be used including sandwich bread, rolls or buns.

Makes 4 servings. One serving (3/4 cup) contains 100 calories, 5 grams of fat, 2 grams of protein, 1 gram of fiber and 330 milligrams of sodium.



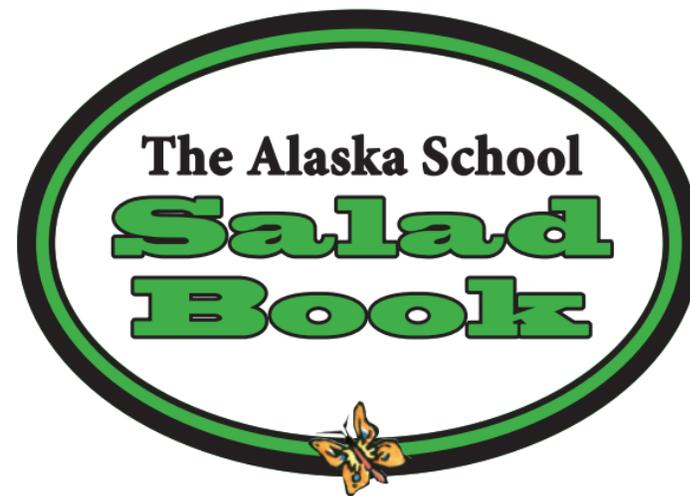
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Curried Barley Salad

| Salad | Dressing |
|---|---|
| 1/2 cup barley, whole hulled, uncooked | 3 tablespoons yogurt, plain, non-fat |
| 2 tablespoons dried fruit (raisins, dried cranberries, or mixed dried fruit), chopped | 1 1/2 tablespoons olive oil or canola oil |
| 2 tablespoons green onions, white and green parts, diced | 2 teaspoons lemon juice |
| 4 teaspoons nuts or seeds, chopped (optional) | 2 teaspoons white sugar |
| | 1/4 teaspoon curry powder |
| | Pinch salt |

Instructions: ❶ Cook barley according to package directions and cool completely. ❷ Combine cooled barley with dried fruit, green onions and chopped nuts or seeds (if using). ❸ In a separate bowl, combine yogurt, oil, lemon juice, white sugar, curry powder and salt, whisking together to dissolve sugar and salt. ❹ Pour dressing over barley mixture and toss to combine.

Makes 4 servings. One serving (1/3 cup) contains 180 calories, 8 grams of fat, 4 grams of protein, 5 grams of fiber and 110 milligrams of sodium.



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Fruit & Cucumber Salad with Fresh Herbs

Ingredients

2 1/4 cups mixed fruit, canned in extra light syrup or juice (do not drain the liquid)*

1 1/4 cups cucumbers, peeled, diced

1/4 cup green onions, white and green parts, diced

1 1/2 tablespoons mint, fresh, chopped**

Pinch salt

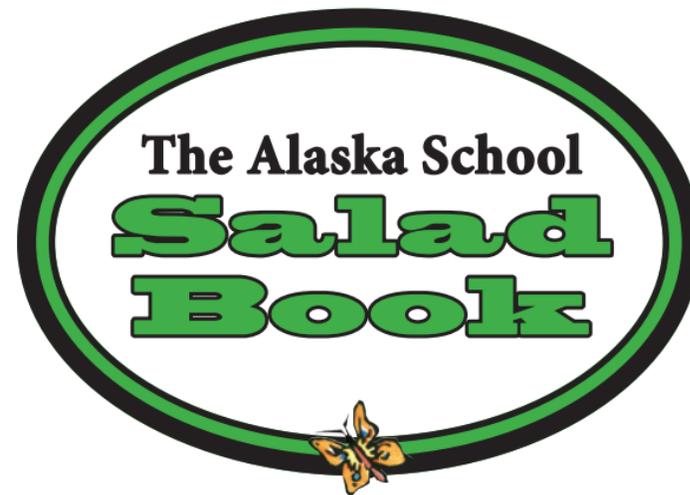
Instructions:

- 1 Combine all ingredients.
- 2 Refrigerate at least 1 hour before serving.

* Any canned fruit in extra light syrup or juice may be substituted.

** Try substituting other fresh herbs such as basil or cilantro.

Makes 4 servings. One serving (2/3 cup) contains 80 calories, 0 grams of fat, 1 gram of protein, 2 grams of fiber and 75 milligrams of sodium.

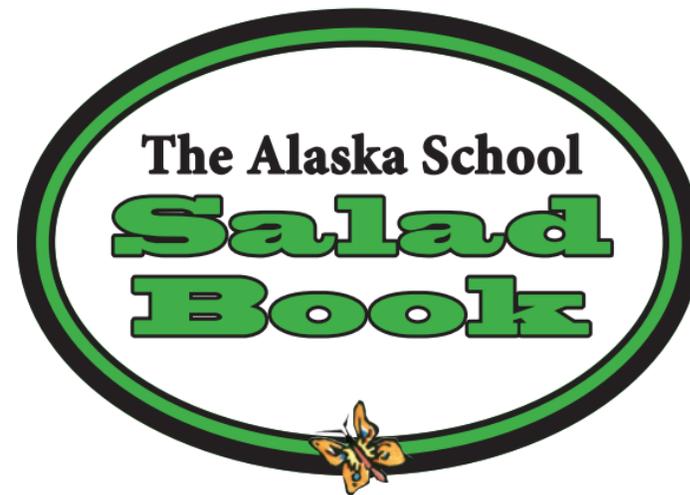


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Hearty Greens with Fruit

| Salad | Dressing |
|---|---|
| 3/4 cup strawberries, whole* | 2 cups kale, shredded, loosely packed |
| 1 1/2 tablespoons olive or canola oil | 2 cups mixed greens, shredded, loosely packed** |
| 1 1/2 teaspoons lemon juice | 1 cup peaches, diced, canned in extra light syrup or juice, drained |
| 2/3 teaspoon white sugar | 1 cup pears, diced, canned in extra light syrup or juice, drained |
| 1/4 teaspoon basil, dried (or 1 teaspoon fresh basil) | 3 tablespoons sunflower seeds, unsalted, hulled (optional) |
| Pinch salt | |

Instructions: ❶ To prepare dressing, puree strawberries in a blender or food processor. Add oil, lemon juice, sugar, basil and salt. Blend well. ❷ In a separate bowl, combine kale, greens, peaches, pears, and sunflower seeds (if using). ❸ Pour dressing over greens mixture. Toss well to combine. ❹ Refrigerate for at least 12 hours before serving. The acidity in the dressing gently breaks down the tough fibers in the hearty greens, making them more tender and pleasant to eat. * If using frozen berries, thaw overnight in the refrigerator before pureeing. ** Such as collard greens, mustard greens, beet greens, or Swiss chard. **Makes 4 servings.** One serving (1 cup) contains 180 calories, 9 grams of fat, 3 grams of protein, 4 grams of fiber and 70 milligrams of sodium.



The **Alaska School Salad Book** and **Family Recipes** can be found at:
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Italian Dressing

Ingredients

3 1/2 tablespoons water

2 1/2 tablespoons light olive oil or canola oil

2 tablespoons red wine vinegar

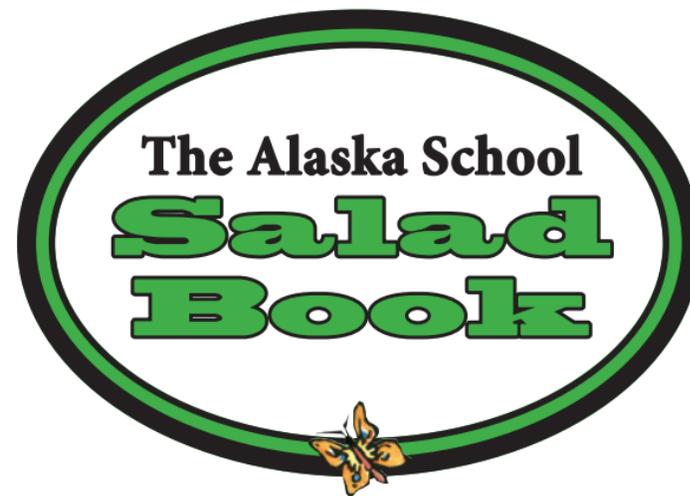
1 tablespoon Italian Seasoning Powder*

Instructions:

- 1 Mix all ingredients together and combine well in a bowl with a whisk or by shaking in a container with a tightly sealed lid.
- 2 Refrigerate until ready to serve.
- 3 Some oils may solidify under refrigeration. To re-liquefy, leave at room temperature for 20 minutes and shake well before serving.

* For the recipe for Italian Seasoning Powder, visit the website on the back of this card or use packaged dry Italian dressing seasoning.

Makes 4 servings. One serving (2 tablespoons) contains 80 calories, 8 grams of fat, 0 grams of protein, 0 grams of fiber and 180 milligrams of sodium.



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Italian Seasoning Powder

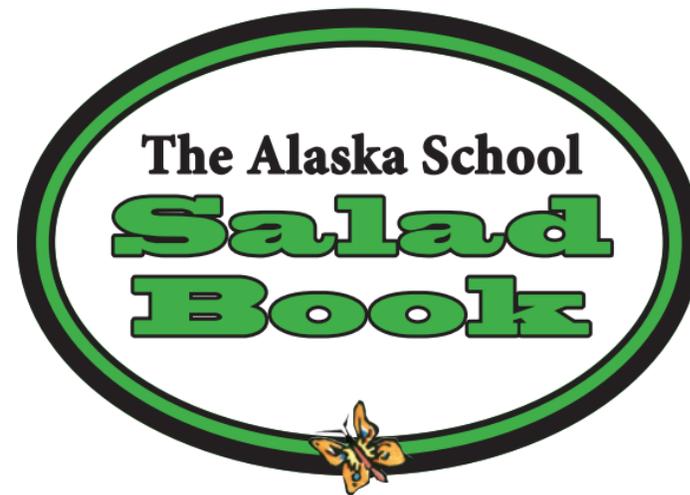
Ingredients

- 1 teaspoon chives, dried
- 1 teaspoon oregano, dried
- 1/2 teaspoon onion powder
- 1/2 teaspoon parsley flakes, dried
- 1/2 teaspoon white sugar
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon basil, dried
- 1/8 teaspoon black pepper, ground
- Pinch thyme, ground

Instructions: ❶ Combine all ingredients in a blender or food processor. It is important that all equipment be completely dry. ❷ Pulse together until mixture is a coarse powder. ❸ Allow to sit undisturbed for 5 minutes before removing the lid from blender. ❹ Store in an airtight container for up to 1 month.

Suggestion: Make more seasoning blend than is needed and store in an airtight container until ready for use.

Makes about 1 1/2 tablespoons.



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Mediterranean Couscous

Ingredients

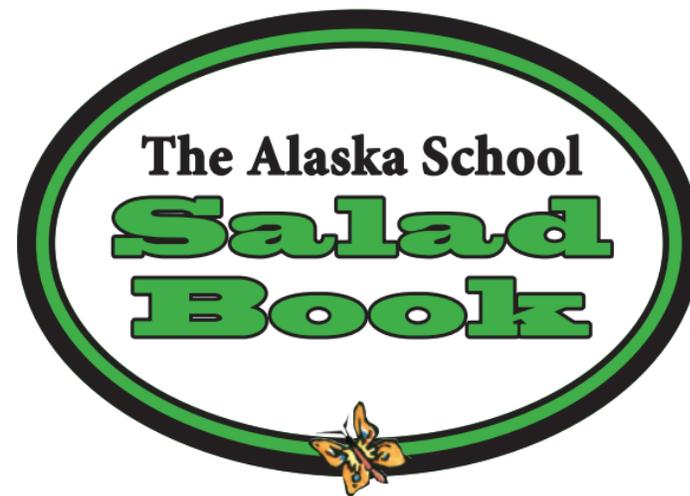
| | |
|---|----------------------------------|
| 1/3 cup Alaska Grown® barley couscous, uncooked* | 4 teaspoons olive oil |
| 2/3 cup chickpeas or garbanzo beans, canned, low sodium, drained and rinsed** | 1/4 teaspoon salt |
| 1/2 cup green pepper, diced | 1/8 teaspoon oregano leaf, dried |
| 1 1/2 tablespoons lemon juice | Pinch coriander seed, ground |
| 4 teaspoons feta cheese, fat-free, crumbled | Pinch black pepper, ground |

Instructions: ❶ Cook couscous according to package directions. ❷ Mix remaining ingredients with couscous while still warm. If allowed to cool completely it will become very sticky, making it difficult to mix remaining ingredients in evenly. ❸ Serve chilled. Toss gently before serving.

* Barley couscous is a whole grain. Traditional couscous is not a whole grain, but can be substituted in this recipe.

** Alternatively, dry chickpeas that have been cooked and cooled can be used instead of canned.

Makes 4 servings. One serving (1/2 cup) contains 90 calories, 5 grams of fat, 3 grams of protein, 2 grams of fiber and 70 milligrams of sodium.



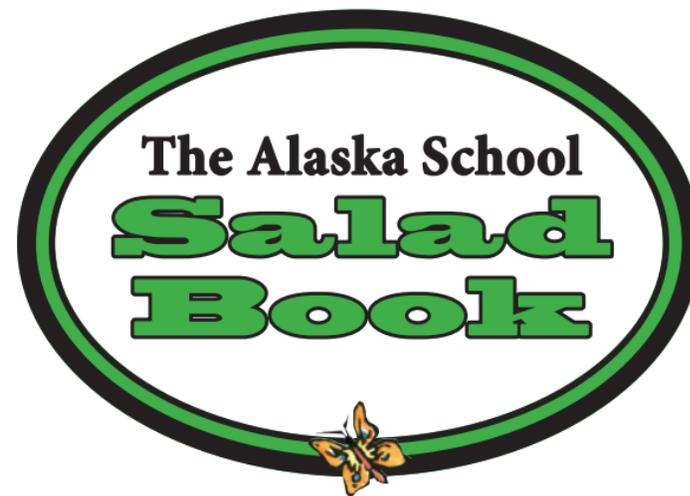
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Pink Potato Salad

| Ingredients | Dressing |
|--|--|
| 9 ounces red potatoes*, skin on | 2 1/2 tablespoons yogurt, plain, non-fat |
| 3 ounces whole beets | 2 1/2 tablespoons sour cream, fat-free |
| 1/2 teaspoon canola oil | 2 tablespoons mayonnaise, light |
| 1/3 cup celery, diced | 2 tablespoons water |
| 2 tablespoons red onion, thinly sliced | 2 teaspoons apple cider vinegar |
| 1 egg, hardcooked, chopped | 1/2 teaspoon salt |
| Makes 4 servings. One serving (2/3 cup) contains 110 calories, 3.5 grams of fat, 4 grams of protein, 2 grams of fiber and 330 milligrams of sodium. | 1/4 teaspoon white sugar |
| | 1/4 teaspoon garlic powder |
| | 1/4 teaspoon onion powder |

Instructions: ❶ Trim greens from beets if necessary. Rinse/scrub potatoes and beets well. ❷ Toss beets and potatoes in oil, coating evenly. ❸ Roast at 400° F for about 1 hour, or until a fork may be easily inserted but potatoes are still firm. ❹ Prepare dressing by combining yogurt, sour cream, mayonnaise, water, vinegar, salt, sugar, garlic powder and onion powder. Whisk to combine well. ❺ When potatoes and beets have cooled enough to handle, peel beets. Chop potatoes and beets into roughly 1/2 inch cubes. ❻ Gently mix dressing with potatoes, beets, celery, onion, and eggs. ❼ Refrigerate salad at least 12 hours before serving. * Use red potatoes, Yukon gold potatoes or another 'waxy' variety. Starchy varieties such as russets will create a very sticky, unappealing final product.

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Pizza Salad

Ingredients

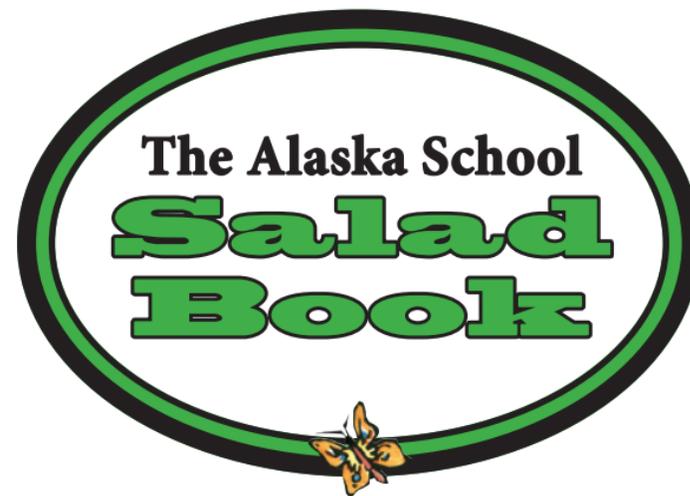
| | |
|--|---|
| 1/3 cup wheat berries, uncooked* | 2 teaspoons black olives, sliced, drained |
| 2/3 cup tomatoes, canned, diced, low-sodium, drained | 3/4 teaspoon olive oil |
| 1/3 cup green pepper, diced | 1/4 teaspoon oregano leaf, dried |
| 1/4 cup mozzarella cheese, shredded | Pinch garlic powder |
| 2 1/2 tablespoons pepperoni, diced small | Pinch black pepper, ground |

Instructions:

- 1 Cook wheat berries according to package directions. Cool completely.
- 2 Combine cooked, cooled wheat berries with remaining ingredients.
- 3 Refrigerate at least one hour before serving. Toss gently before serving.

* Wheat berries are whole kernels of wheat. In their whole form, wheat berries are cooked and used much like brown rice.

Makes 4 servings. One serving (1 cup) contains 100 calories, 3 grams of fat, 5 grams of protein, 2 grams of fiber and 200 milligrams of sodium.



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Quinoa Tabbouleh

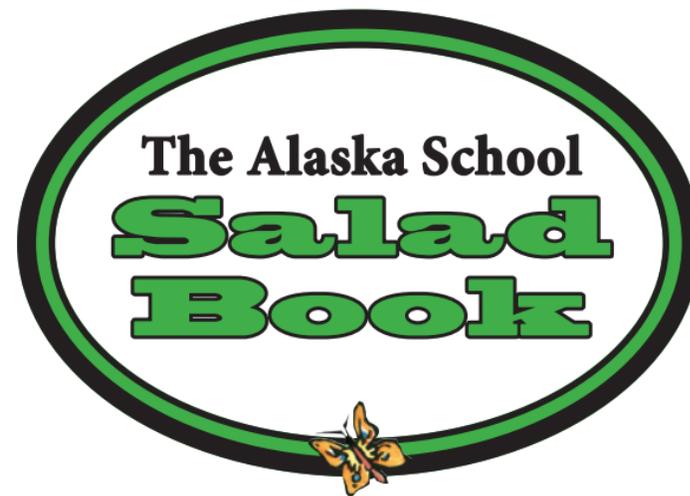
Ingredients

| | |
|---|---------------------------------|
| 1/2 cup quinoa, uncooked | 2 teaspoons mint, fresh, minced |
| 3/4 cup cherry or grape tomatoes, sliced in half* | 2 teaspoons olive oil |
| 3/4 cup cucumbers, peeled, diced | 1 teaspoon lemon juice |
| 1/3 cup feta cheese, fat free, crumbled | 1/8 teaspoon salt |
| 1 tablespoon parsley, fresh, minced** | Pinch black pepper, ground |

Instructions: ❶ Rinse quinoa well in a fine mesh strainer until water runs clear.*** Cook quinoa according to package directions. ❷ Allow quinoa to cool slightly, but not completely. If cooled completely it will become starchy and stick together, but if it is still piping hot it will cook the herbs. ❸ Gently mix remaining ingredients with cooked quinoa. ❹ Refrigerated at least one hour before serving. Toss gently before serving. * Diced fresh or canned tomatoes may be substituted for cherry or grape tomatoes. ** Do not substitute dried parsley flakes in this recipe. *** Dry quinoa contains a natural coating of saponin, a soap-like substance, so it is important that it be rinsed well prior to cooking.

Makes 4 servings. One serving (1 cup) contains 100 calories, 3 grams of fat, 5 grams of protein, 2 grams of fiber and 200 milligrams of sodium.

Tabbouleh is a salad from the Middle East. It is traditionally made with bulgur wheat, but this recipe calls for the grain quinoa. Try substituting 1 cup of cooked bulgur wheat or barley couscous for the quinoa.



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Ranch Dressing

Ingredients

1/2 cup yogurt, plain, non-fat

1/4 cup mayonnaise, light

1/4 cup milk, non-fat*

3 1/2 teaspoons Ranch Seasoning Powder**

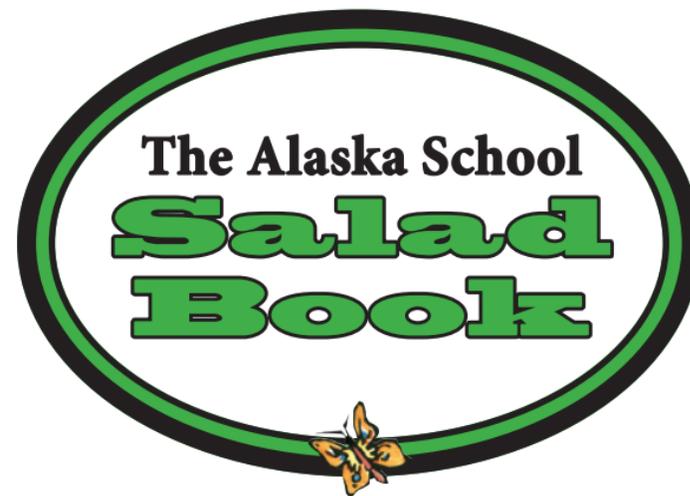
Instructions:

- 1 Combine all ingredients well.
- 2 Refrigerate at least one hour prior to serving. Ranch Dressing will keep for up to 5 days in the refrigerator.

* May use reconstituted nonfat dry powdered milk.

** For the recipe for Ranch Seasoning Powder, visit the website on the back of this card or use a packaged dry ranch seasoning mix.

Makes 4 servings. One serving (2 tablespoons) contains 60 calories, 3.5 grams of fat, 2 grams of protein, 0 grams of fiber and 440 milligrams of sodium.



The **Alaska School Salad Book** and **Family Recipes** can be found at:
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Ranch Seasoning Powder

Ingredients

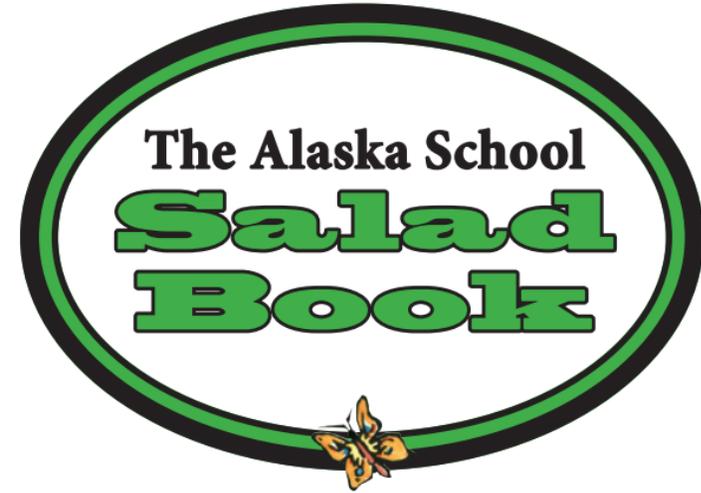
- 1 3/4 teaspoons parsley flakes, dried
- 1 1/4 teaspoons onion powder
- 1 1/4 teaspoons chives, dried
- 1/2 teaspoon dill weed, dried
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper, ground

Instructions:

- 1 Combine all ingredients in a blender or food processor. It is important that all equipment be completely dry.
- 2 Pulse together until mixture is a coarse powder.
- 3 Allow to sit undisturbed for 5 minutes before removing the lid from blender.
- 4 Store in an airtight container for up to 1 month.

Suggestion: Make more seasoning blend than is needed and store in an airtight container until ready for use.

Makes about 1 1/2 tablespoons.



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Red Cabbage Asian Slaw

| Ingredients | Dressing |
|--|---------------------------------------|
| 2 1/2 cups red cabbage or Napa cabbage, shredded | 1/3 cup rice vinegar* |
| 1 1/4 cup sunflower sprouts (optional) | 2 1/2 tablespoons sesame oil* |
| 1/3 cup red onion, thinly sliced | 4 teaspoons olive oil |
| | 1 tablespoon white sugar |
| | 1/2 teaspoon salt |
| | 2 1/2 teaspoons sesame seeds, toasted |

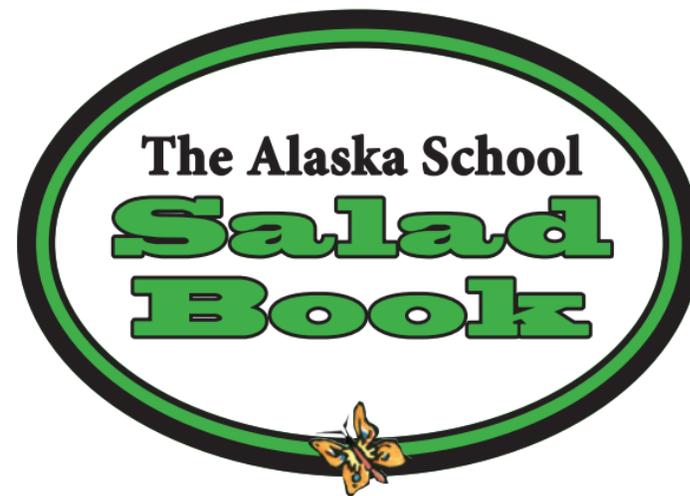
Instructions:

❶ Combine cabbage, sprouts (if using) and onion in a large bowl. ❷ In a separate bowl, combine rice vinegar, sesame oil, olive oil, sugar and salt. Mix well. ❸ Pour dressing over cabbage mixture, add sesame seeds, and toss well to coat. ❹ Refrigerator at least one hour before serving. Toss gently before serving.

* Asian style slaws get their distinct flavor from the rice vinegar and the sesame oil. Other types of oils and vinegars should not be substituted.

Makes 4 servings. One serving (1 cup) contains 250 calories, 16 grams of fat, 5 grams of protein, 2 grams of fiber and 340 milligrams of sodium.

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Southwestern Black Bean Salad

Ingredients

| | |
|---|-------------------------------------|
| 1 1/2 cups black beans, canned, low sodium, drained and rinsed* | 1/2 teaspoon chili powder |
| 1/2 cup tomatoes, canned, diced, low sodium, drained and rinsed | 1/4 teaspoon salt |
| 1/4 cup corn, whole-kernel, canned, low sodium, drained** | 1/4 teaspoon garlic powder |
| 1/3 cup green onions, white and green parts, diced | 1/8 teaspoon cumin seed, ground |
| 1 1/2 teaspoons lime juice | 1/8 teaspoon coriander seed, ground |
| 1/2 teaspoon olive oil or canola oil | Pinch black pepper, ground |

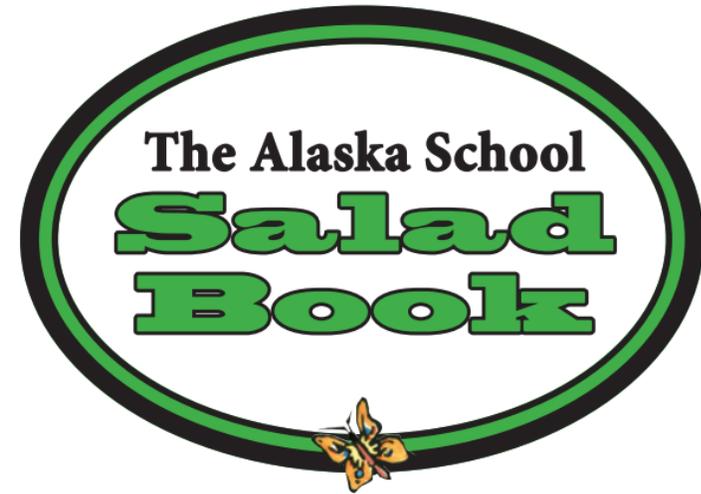
Instructions:

- 1 Combine all ingredients.
- 2 Refrigerate at least 1 hour before serving. Toss gently before serving.

* Use dry black beans that have been cooked and cooled instead of canned.

** Use frozen, whole-kernel corn that has been thawed, instead of canned.

Makes 4 servings. One serving (1/2 cup) contains 80 calories, 1 gram of fat, 4 grams of protein, 5 grams of fiber and 300 milligrams of sodium.



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Superfood Salad

| Salad | Dressing |
|---------------------------------------|---|
| 2 cups kale, finely shredded | 3 tablespoons water |
| 1 cup red cabbage, finely shredded | 1 1/2 tablespoons olive oil or canola oil |
| 1/2 cup carrots, grated | 1 tablespoon white sugar |
| 3/4 cup blueberries, fresh* | 1 1/2 teaspoons white vinegar |
| 1/2 cup almonds, sliced (optional) | 1 teaspoon lemon juice |
| 1/4 cup red onion, very thinly sliced | 1/8 teaspoon salt |

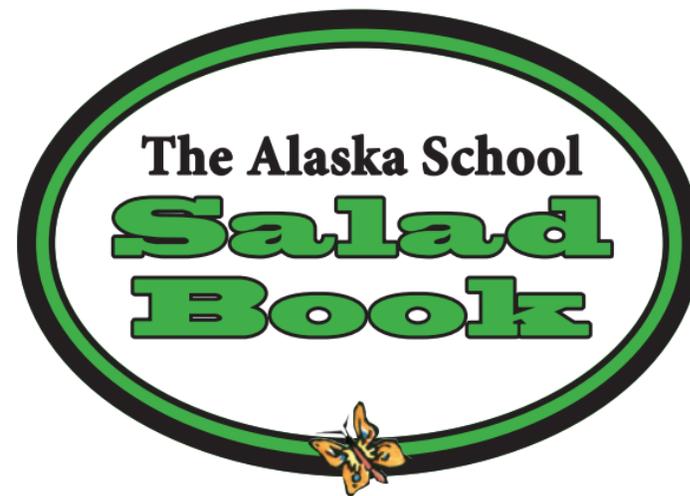
Instructions:

- 1 Combine kale, cabbage, carrots, blueberries, almonds (if using) and onions.
- 2 In a separate bowl, combine water, oil, sugar, vinegar, lemon juice and salt. Whisk together well to dissolve sugar and salt.
- 3 Pour dressing over kale mixture and toss to coat all of the vegetables evenly.
- 4 Refrigerate at least 12 hours before serving. (The acidity in the dressing gently breaks down the kale, making it more tender.) Toss gently before serving.

* Frozen blueberries can also be used in this recipe (thaw and drain off liquid).

Makes 4 servings. One serving (1 cup) contains 120 calories, 9 grams of fat, 2 grams of protein, 1 gram of fiber and 140 milligrams of sodium.

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The **Alaska School Salad Book** and **Family Recipes** can be found at:
<http://dhss.alaska.gov/dph/Chronic/Pages/Obesity/nutrition/SchoolNutrition.aspx>

Two Bean Salad

Ingredients

1 cup kale, shredded, loosely packed

3/4 cup kidney beans, canned, low sodium, drained and rinsed*

1/2 cup green beans, canned, low sodium, drained and rinsed

1/4 cup carrots, grated

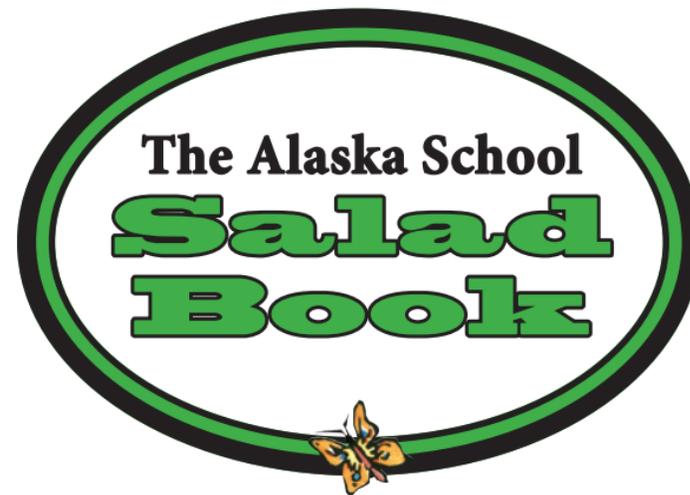
1/4 cup Italian Dressing**

Instructions: ❶ Combine all ingredients. ❷ Refrigerate at least 12 hours before serving. (The acidity in the dressing gently breaks down the tough fibers in the kale, making it more tender.) Toss gently before serving.

* Use dry kidney beans that have been cooked and cooled instead of canned.

** For the Italian Dressing recipe, visit the website on the back of this card or use low-fat prepared Italian dressing.

Makes 4 servings. One serving (1/2 cup) contains 90 calories, 4.5 grams of fat, 3 grams of protein, 3 grams of fiber and 260 milligrams of sodium.



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White Bean Dip

A great dip for raw veggies!

Ingredients

1 1/3 cups white beans (navy, great northern, cannellini, garbanzo or any combination), canned, low sodium, drained and rinsed.*

4 teaspoons Ranch Seasoning Powder**

1 1/2 teaspoons lemon juice

1 1/4 teaspoons nonfat dry milk powder

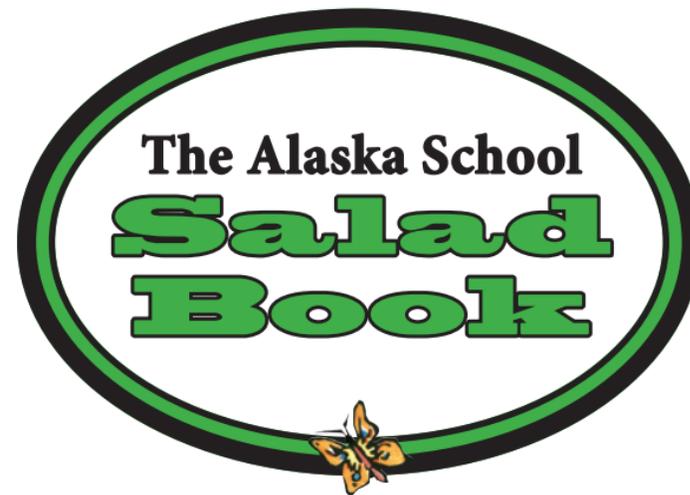
1/2 cup water

Instructions: ❶ Place beans, seasoning mix, lemon juice, and dry milk powder in a blender or food processor. ❷ Pulse together while pouring in water in a slow, steady stream. ❸ Puree together very well, scraping down the sides of the blender bowl as needed. ❹ Refrigerate at least 12 hours to allow dip to thicken and flavors to marry. ❺ For a thicker, spreadable consistency, reduce water slightly.

* Use dry white beans that have been cooked and cooled instead of canned.

** For the recipe for Ranch Seasoning Powder, visit the website on the back of this card or use a packaged dry ranch seasoning mix.

Makes 4 servings. One serving (1/3 cup) contains 80 calories, 0 grams of fat, 5 grams of protein, 3 grams of fiber and 340 milligrams of sodium.



The **Alaska School Salad Book** and **Family Recipes** can be found at:
<http://dhss.alaska.gov/dph/Chronic/Pages/Obesity/nutrition/SchoolNutrition.aspx>