

Salad Mix



Storage

Will store for at least a week in the fridge in a container or a bag. Be sure to spin out excess water before placing in the fridge.

Preparation

Salad mix can be eaten on its own with dressing, or you can make a heartier salad by adding any ingredients you would like.

Nutrition

Salad mix is rich in vitamins and minerals. It is a particularly good source of fiber, vitamin K and A, and minerals (copper, potassium, iron, and manganese). It improves colon and heart health lowering cholesterol and high blood pressure.