

## Leaf Lettuce Salad

- 1/2 cup reduced calorie ranch dressing
  - 2 tablespoons grated parmesan cheese
  - 2 tablespoons chopped fresh chives
  - 2 tablespoons cooked, crumbled bacon
  - 10 cups leaf lettuce, washed, dried and torn
  - 1/2 cup thinly sliced red onion
  - 1/2 cup cheddar cheese, shredded
1. In a small bowl combine dressing, parmesan cheese, chives and crumbled bacon. Blend well.
  2. In a large bowl, combine lettuce, red onion and cheddar cheese. Pour over salad. Toss gently to mix. Serve immediately.

Yield 6 servings.

<b>Nutrition Facts</b>		
Serving Size: about 1-1/2 cups		
Servings per recipe: 8		
<b>Amount Per Serving</b>		
<b>Calories 82</b>		<b>Calories from fat 54</b>
Value		<b>% Daily</b>
<b>Total Fat</b> 6g		10%
Saturated fat 2g		11%
<b>Cholesterol</b> 8mg		3%
<b>Sodium</b> 245mg		10%
<b>Carbohydrate</b> 4g		1%
Dietary Fiber 1g		5%
<b>Protein</b> 4g		7%
Vitamin A: 8%	Vitamin C: 6%	Folacin: 11%
Calcium: 9%	Iron: 3%	Potassium: 4%

**Source:** Modified from: Hometown Cooking, Meals easy-to-make. Wal-Mart SuperCenter

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