





Green Salad

Makes 4 Servings

Nutrients Per Serving:





110 Calories | 7g Fat (0g Saturated) | 10g Carbohydrates | 5g Added Sugar | 3g Protein | 0mg Sodium | 5g Fiber

Equipment Needed

 <p>Salad Spinner</p>	 <p>Cutting board</p>	 <p>Paring knife</p>	 <p>Large mixing bowl</p>
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Ingredients Needed

Use any combination of vegetables you like!

 <p>1 head Romaine lettuce</p>	 <p>5-6 Cherry tomatoes</p>	 <p>1 Small cucumber</p>	 <p>1/4 cup Shredded carrots</p>
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Directions

(Tbsp = tablespoon, tsp = teaspoon)

<p>1</p>  <p>Wash hands.</p>	<p>2</p>  <p>Wash lettuce. Pull leaves apart and spin dry in a spinner or pat dry.</p>	<p>3</p>  <p>Wash tomatoes and cucumbers.</p>	<p>4</p>  <p>Slice cherry tomatoes in half. Cut cucumbers into slices.</p>	<p>5</p>  <p>Tear lettuce into bite sized pieces.</p>	<p>6</p>  <p>Add cucumber slices, shredded carrots, into a large bowl. Toss salad to mix. Dress with desired dressing.</p>
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