

Veggies



Monster Lunch Lady's Chopped Salad



A quick
salad --
chop chop!

Ingredients:

- 1 medium cucumber, peeled, halved, and sliced
- 1 medium red pepper, diced
- 1 medium yellow pepper, diced
- 2 medium carrots, peeled and diced
- 5 medium plum tomatoes, diced
- 2 scallions, thinly sliced
- 4 cups fresh spinach leaves
- Salt and pepper to taste

Dressing:

- 1 Tbsp lemon juice
- 1 Tbsp white wine vinegar
- 2 tsp Dijon mustard
- 1 garlic clove, minced
- 3 Tbsp olive oil

Nutrition:

Recipe makes 8 servings
Each serving counts as 1 vegetable

Recipe approved by the American Diabetes Association

Directions:

1. In a large bowl, combine the cucumber, red pepper, yellow pepper, carrots, plum tomatoes and scallions.
2. On a serving platter or in a serving bowl, place the large spinach leaves. Set aside.
3. Whisk together the lemon juice, vinegar, mustard and garlic.
4. Slowly add the oil, salt and pepper and whisk.
5. Pour over the chopped vegetables.
6. Turn out the chopped salad onto lettuce leaves and serve!

Safety:

Keep your fingers curled under when using the knife.

from the kitchen of
Playnormous

