

Monster Lunch Lady's Chopped Salad

Ingredients:

Salad

- 1 medium cucumber, peeled, halved, seeded, and diced
- 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

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 spinach leaves. Set aside.
3. Whisk together the lemon juice, vinegar, mustard, and garlic.
4. Slowly add the oil, salt, and pepper and whisk well.
5. Pour over the chopped vegetables.
6. Turn out the chopped salad onto lettuce leaves and serve.

Nutrition:

- This recipe makes 8 servings.
- Each serving counts as 1 veggie.

Safety:

- Keep your fingers curled under when using the knife to avoid cutting your fingers.

Source: American Diabetes Association

