

Where's the Lettuce? Salad

Hands-on - 10 min.

Serves 8

Out of lettuce? No problem! All you need are vegetables and any combination of what you find in your refrigerator will do.

Tastes great with:

Any main dish that's a little low on vegetables

Scrounge through the refrigerator for whatever vegetables you can find.

4 cups any of the following:
• green, red or yellow bell peppers, (seeded and chopped)
• chopped celery
• chopped tomatoes
• chopped onions
• fresh parsley (chopped fine)
• sliced carrots
• chopped cauliflower
• chopped broccoli

Place in a medium bowl.

1 can (15 oz) garbanzo beans, drained and rinsed (opt)
1 can (15 oz) beets, drained (opt)

Add to bowl.

1/3 cup low-fat dressing of your choice (Thousand Island or Honey French, etc.)

Toss with dressing and serve, or let guests dress their own.

Nutrition information for about 1 cup, including the garbanzo beans & beets (with Thousand Island dressing)

Calories	99	Fat	2 g	Fiber	4 g	Sodium	308 mg	Total Carbohydrate	17 g
Calories from Fat	19%	Saturated Fat	0 g	Cholesterol	0 mg	Protein	4 g	Sugars	7 g

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Salads & Sides

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