



All-Season Salad

Serves: 7 servings

Preparation: 10 minutes

Cooking: none

Ingredients

2 cups crisp lettuce, chopped
¼ cup cucumber, sliced
2 tablespoons red onion, quartered and sliced
¼ cup red cabbage, finely shredded
1/3 cup radish sliced
1/3 cup tomatoes, sliced
Lemon-garlic dressing to taste

Directions

- Combine all ingredients.
- Sprinkle with Lemon-garlic dressing to taste (approximately 1 teaspoon dressing per serving).
- Toss to dispense throughout salad.
- Taste to correct tartness and seasoning.



NUTRITIONAL DATA PER SERVING (1 1/2 cup): calories 109.23 | fat 3.72g | saturated fat 0.55g | cholesterol 0mg | sodium 250.09mg | carbohydrates 7.49g | fiber 3.42g | sugars 2.55g | protein 2.55g