

Garden Salad

Ingredients

- 1-1/2 cup romaine lettuce
- 2 cups green leaf lettuce
- 1/3 cup tomatoes
- 1 cup cucumber
- 1/4 cup baby carrots

Directions

1. Wash and cut lettuce into bite sized pieces. Dice tomatoes and cucumber. Small dice carrots.
2. Toss tomatoes, cucumber, and carrots together in a bowl until mixed.
3. Place all ingredients in a large bowl.

Notes

Number of Portions: 4

Serving Size: 3/4 cup

Nutrition Facts: 16

calories, 0.15 g fat, 0.03 g

saturated fat, 15 mg

sodium, 3.38 g

carbohydrate, 1.18 g fiber,

1.6 g sugar, 0.82 g protein

