

Mixed Green Salad



This green salad is rich in vitamins and minerals, including vitamin C from tomatoes & cucumbers, which helps boost immunity and skin health. The salad is also a good source of dietary fiber, aiding digestion & promoting a feeling of fullness. Additionally, cucumbers contribute hydration due to their high water content. Overall, this salad is a nutritious and refreshing, and can be used for a great side dish or add a protein for a complete meal.

How to prepare

1. Cut and wash the lettuce in cold water. Shake off excess water. If you have a salad spinner, use that.
2. Wash and cut cherry tomatoes in $\frac{1}{2}$. Depending on size.
3. Wash and dry basil and parsley. Rough chop the herbs.
4. Wash, peel and cut the cucumber.
5. Peel and fine dice shallot.

Ingredients

Assorted lettuces 1-2 heads
Cherry tomatoes 2 oz
Parsley .5 oz
Basil .5 oz

Cucumber 2 oz

Shallot .5 oz

Extra virgin olive oil 3 oz.

Vinegar 1 oz.

Salt to taste

Pepper to taste

Instructions

1. Once you have all the vegetables washed and cut, place in a mixing bowl.
2. Season lightly with salt and pepper.
3. Add oil and vinegar.
4. Place on plate or in serving vessel of your choosing.