

Basic Green Salad

1 head	romaine or curly lettuce
1 bunch	radishes
½	English cucumber
½	red onion

- Wash and dry lettuce. Tear into bite-size pieces.
- Wash and chop radishes and cucumber, and onion.
- Toss together with lettuce and salad dressing.
- Top with grated red onion.
- Add any other fresh vegetables that you have on hand: broccoli, cauliflower, tomato, red cabbage, zucchini, shredded carrot, parsley, etc.
- Makes 6 servings.

Salad Dressing:

2 tbsp	lemon juice or balsamic vinegar
2 tbsp	olive oil
2 tbsp	water
1 tsp	Dijon mustard
1	garlic clove, minced (optional)
	freshly ground pepper to taste

- Combine dressing ingredients and toss with green salad.
Makes 6 servings.