

Mixed Vegetables Salad



Serves 10

Ingredients:

- ½ cup extra virgin olive oil
- ¼ cup water
- 6 cloves garlic, finely minced
- ½ cup fresh lemon juice
- ¼ cup red vinegar
- ½ tsp black pepper
- 1 romaine lettuce, chopped
- 6 small tomatoes, chopped
- 1 cucumber, peeled and sliced
- 6 radishes, chopped
- 1 cup fresh mint
- 1 cup fresh parsley, finely chopped
- 1 large white onion, chopped

Procedure:

- To make a dressing, mix the olive oil, water, garlic, lemon juice, vinegar, and black pepper in a pint jar.
- In a large bowl, mix the lettuce, tomatoes, cucumbers, radishes, mint, parsley, and onion.
- Add the dressing and mix.
- Set aside for 30 minutes and serve.

Per serving:

- Calories: 134
- Protein: 1 gm
- Carbohydrates: 8gm
- Fat: 11 gm

This is a delicious and flavorful salad.