

Recipe of the Month

MARCH



Rainbow Chopped Salad

Serves 5

INGREDIENTS:

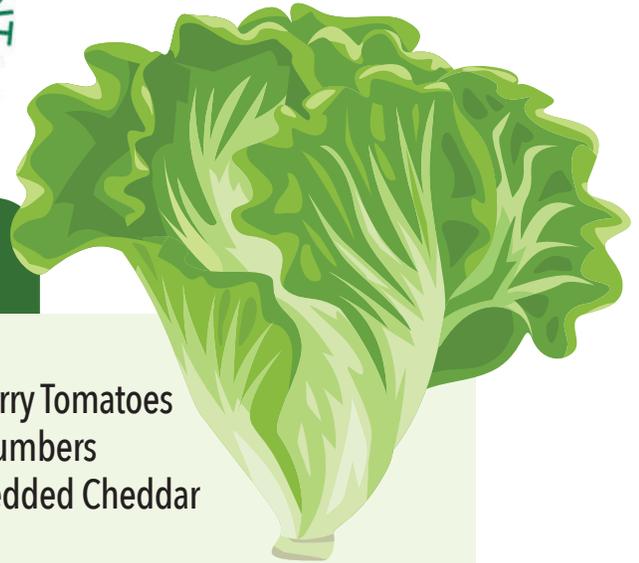
- 3.75 Cups Romaine Lettuce (Raw, Chopped)
- 1lb 6oz Low Sodium Garbanzo Beans
- 1.25 Cups Green Shredded Cabbage
- .75 lb Cherry Tomatoes
- 10 oz Cucumbers
- 10 oz Shredded Cheddar Cheese
- 2.5 oz Red Onions

INSTRUCTIONS:

1. Rinse and drain beans under cool running water.
2. Rinse tomatoes and cucumbers under cool running water.
3. Chop tomatoes into cubes.
4. Chop cucumbers into cubes.

ASSEMBLE SALAD:

- Place ½ cup of Romaine Lettuce in 5x5x3 container.
- Place on top of lettuce in circular fashion: ¼ cup tomatoes, ¼ cup cabbage, ¼ cup cheese, ¼ cup carrots ¼ cup cucumbers, and finally ¼ cup beans.
- Place 1.5 ounces of favorite dressing in 2 oz container.



Enjoy!