



No Lettuce Salad

This salad can be as big or as small as you want it to be... all depends on how much of each veggie you put in. Add any veggies that you like and remove any veggies you don't like to customize to your taste. Enjoy! 😊

Broccoli
Celery
Tomatoes
Red onion
Red peppers
Orange peppers
Yellow peppers
English cucumber
Apple (for large salad use the whole apple...for small salad use ¼ - ½)
Olive Oil (amount depends on size of salad)
Basil (fresh is better)
Balsamic Vinegar Or Lemon/Lime juice (optional)
Shredded Parmesan Cheese – adds flavor and protein (also optional)

Chop all veggies, the apple and basil (as small or as big as you like... I like mine chopped quite fine) then throw them in a big bowl and mix together. Drizzle olive oil and balsamic vinegar or Lemon/Lime juice (optional) over salad, sprinkle with parmesan or low/non-fat feta cheese (optional) and serve.

NOTE This salad will keep well for a few days in the fridge. I leave the apple out and only put it in just before serving. This keeps the apple from turning brown in the fridge.

FLT Servings: 1 cup= 1 ½ Category 1 Veggie; ½ Fruit; 1-2 Oils; 1/4-1/2 Protein