



Summer Salad

Veggie Choices:

Salads are always a healthy option anytime of the day. So, you should try to incorporate it in your meals daily. Remember, the more colors you add to your vegetables the better the salad is.

By the way, this is my go-to salad very simple and quick to prepare. You can feel free to add some proteins such as beans or tofu, however, I am allergic to soy. On the other hand non-vegans/vegetarians, you can add meat or fish (chicken pieces, shrimp or even salmon).

Unfortunately, I did not put measurements because it depends on how much salad you would like to prepare.

Ingredients

Mixed greens

Romaine lettuce

Spinach

Avocado (I prefer Haas)

Sliced mini sweet peppers – red and yellow

Diced grape tomatoes

Grated carrots

Sliced cucumbers

Directions

Combine all ingredients in a bowl and add 1-2 Tbsp vinaigrette. Enjoy !!