



*Presents*



## Anything Goes Salad With Vinaigrette Dressing

Presented on July 5, 2014 by Teens as Teachers

### Ingredients

Salad

Lettuce

Spinach

Cabbage

Assortment of other Vegetables

Assortment of Fruits

Dressing (for approximately 5 servings)

2 Tablespoons Vinegar

1 Teaspoon Mustard

Salt and Pepper

½ Teaspoon Chopped Garlic

6 Tablespoons Oil

### Instructions

1. Chop the vegetables and fruits into appropriate sizes
2. Mix the vegetables and fruits into bowl
3. In a small bowl mix the ingredients of the Vinaigrette
4. Pour an appropriate amount of dressing over the salad
5. Enjoy :)

Calories-145cal, Carbs - 0g, Fat - 16g, Protein - 0g, Sodium - 43mg, Sugar - 0g