



Tossed Lettuce Salad

- 1 head lettuce
- 2 stalks celery
- 2 carrots
- 1 bell pepper
- 1 cucumber

Wash lettuce and spin to dry.

Tear into bite sized pieces. (Note: Tearing the lettuce instead of chopping with a knife keeps the lettuce edges from turning brown.)

Wash all other veggies.

Chop the celery, bell pepper, and cucumber into bite sized pieces.
Grate the carrots.

Add all the veggies to the lettuce and toss together with your (clean) hands to mix.