

Garden Salad

1 head romaine lettuce
1 head iceberg lettuce
1 medium zucchini, sliced
1/2 medium green pepper, sliced
2 medium tomatoes, quartered
4 stalks celery, sliced
3 carrots, diced

Tear romaine and iceberg lettuce into bite-size pieces. Toss with zucchini, green peppers, tomatoes, celery, and carrots. Top with your favorite dressing and toss until evenly coated. Makes 8 servings.

Nutrition information per serving: calories 41; protein 3 grams; fat 0 grams; sodium 39 mg