

Italian Vegetable Salad

- 1 large head broccoli flowerets, chopped
- 1 small head cauliflower flowerets, chopped
- 4 tomatoes, chopped
- 1 medium cucumber, peeled, sliced
- 1 medium sweet onion, thinly sliced
- 3 large carrots, thinly sliced
- 1 -3.8 oz. can sliced black olives
- 1 cup fat-free Italian dressing
- 1 cup fat-free creamy Italian dressing
- 2 cups part-skim mozzarella cheese, shredded

In a large bowl, combine the first seven ingredients. Pour salad dressing over and stir to coat. Cover and refrigerate for at least 4 hours. Stir in cheese just before serving. Makes 14 servings.

Nutrition information per serving: calories 130; protein 6 grams; fat 4 grams; sodium 118 mg