Pizza Salad

Try this recipe from the Fit4Kids learning garden with your family. Toss together a simple summer salad with what’s growing in the garden or what you can find in any market! Serves 4

Ingredients

Salad
3 garden tomatoes
3 cups fresh greens
3 cups of shredded carrots
1 green pepper
½ bunch of green onions
Optional: shredded mozzarella
Optional: croutons

Dressing
1/4 cup olive oil
1 tsp oregano
1 tsp dried basil
1 tsp pepper
1 tsp salt

Directions

1. Slice the tomatoes into a one bite size.
2. Shred the fresh lettuce to match that size.
3. Shred the carrots to match the similar size.
4. Make the dressing by mixing the ingredients in a jar with a lid and give it a good shake!
5. Toss everything together and enjoy!