

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!

Servings
4

Ingredients

- 3 garden tomatoes
- 3 cups fresh greens
- 3 cups of shredded carrots
- 1 green pepper
- 1/2 bunch of green onions
- Optional: shredded mozzarella

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!