

# Summer 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 6**

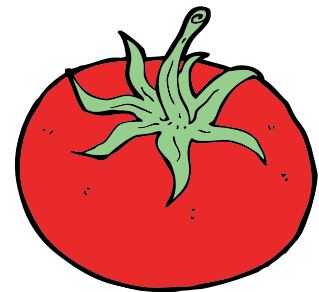
## Ingredients

### Salad

- 1 large tomato, chopped
- 1 zucchini, shredded
- 1/2 onion, finely diced
- 1/2 cup basil, chopped
- 1/2 bell pepper, chopped (optional)
- 1/2 cucumber, chopped (optional)

## Directions

1. Slide radishes, chop snap peas and chop greens.
2. Combine salad ingredients into a bowl.
3. Combine dressing ingredients into a small jar with a lid. Shake it!
4. Toss the salad with the dressing. Enjoy!



### Dressing

- 1/4 cup olive oil
- 1/4 cup red or white vinegar
- 1 teaspoon honey

