

Big Salad

Yield: 2 Servings



Ingredients

- 1/2 tomato
- 1/4 cup cucumber, sliced
- 1/4 cup endive, cut into thin strips
- 1/4 cup small white beans, canned, rinsed
- 1/4 cup of garbanzo beans, canned, rinsed
- 3 radishes, sliced thin
- 1/4 cup red onion, chopped
- 3 cups mixed greens
- 1/4 cup carrots
- 2 ribs of celery, chopped
- 1/4 cup of fennel, sliced
- 1/4 cup raw almonds
- 1 tablespoon raw sunflower seeds
- 3 tablespoons of your favourite low-calorie dressing

Directions

1. Toss first eleven ingredients. Top with nuts and seeds
2. Finish with favourite dressing

Nutrients (approximately)

300 Calories per serving,
Fat 16g, Cholesterol 0mg, Sodium 53mg,
Carbohydrates 30g, Fiber 10g, Sugars 5g, Protein 13g

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