

# Betty's Essential Fresh Garden Salad Recipe



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Betty describes how to make a simple garden salad, an essential to all who cook at home!

## Ingredients:

Leafy greens as desired (Boston lettuce, iceberg lettuce, spinach) in amounts to meet your needs

1 cup whole cherry tomatoes

1/2 cup green pepper slices

1/2 cucumber slices

1/2 cup mushroom slices

Bottled dressing (Catalina is good) or Good Seasons Italian dressing, made according to instructions on packet

Tear leafy lettuce and spinach into eatable sizes and place in a large bowl. Add in the whole cherry tomatoes, the sliced green peppers, the sliced cucumber, and the sliced mushrooms. Toss everything together using a salad fork and spoon. Serve individual servings on plates and provide bottled salad dressing or freshly mixed Good Seasons Italian salad dressing. This is a great way to start a meal!

I suggest serving Essential Fresh Garden Salad with Juicy Kitchen-Grilled Chicken Strips and Subtly Savory Parsley-Buttered Red New Potatoes for a great meal. --Betty