

# SALAD & DRESSING

25 servings | 60 minutes prep time

## INGREDIENTS

Lettuce head

Red Cabbage

Carrots

Tomatoes

Cucumbers

Green Bell Pepper

Salad Dressing

## DIRECTIONS

- Dice/cut/shred the above fresh vegetables into small pieces suitable for salad and individual consumption. Peel carrots and cucumbers prior to cutting.
- If you are using a food processor, please make sure you have the right attachments to avoid making it into a paste (slices for cucumbers and thin shreds for carrots). Grater can also be used for carrots.
- Bag the vegetables in separate zip-lock bags. Do NOT mix them together.
- Avoid buying salad in a bag already packaged or frozen salad from the store.
- Tomatoes should be firm as it is easy to cut. Do not use food processor for tomatoes. Small size cherry tomatoes are an option as well. Deseed to avoid soggy condition when you bag them.
- Do NOT buy any other salad dressing other than Italian style.

**Note: Do NOT premix the dressing with the salad ahead of time. It will be done at the center**

## SHOPPING LIST

Lettuce head – Qty 2

Red Cabbage – Qty 1

Carrots – 1 lb. bag

Tomatoes (Firm) – 4 large

Cucumbers – 2 large

Green (Bell) Pepper – 2 large



Salad Dressing – 1 bottle 16oz.  
Italian Dressing only from Walmart  
or equivalent, any brand



## END PRODUCT

