

# Colorful Crispy Salad

**Makes:** 48 servings

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Ingredients	Weight	Measure
Tomatoes, seeded and diced		8 cups
Cucumber, peeled and diced		8 cups
Bell pepper, red, chopped		2 cups
Olives, canned		1 cup
Lettuce, chopped		8 cups
Olive oil		1/2 cup
Vinegar		1/4 cup
Oregano		4 tsp

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>16</b>	
Total Fat	1 g	
Protein	1 g	
Carbohydrates	3 g	
Dietary Fiber	1 g	
Saturated Fat	NA	
Sodium	80 mg	

## Directions

1. Place all salad ingredients into a bowl.
2. In a separate bowl, mix dressing ingredients together (olive oil, vinegar, oregano).
3. Pour dressing over salad. Toss to coat.

## Notes

### Serving Tips:

Small salads made with a mixture of vegetables are a great way to boost nutrition. Enjoy them as a side at meals or as an afternoon snack.