



# Garden Salad

## Ingredients:

2 large handfuls of lettuce



1 small handful of spinach



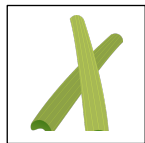
1/2 cucumber



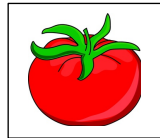
1 large carrot



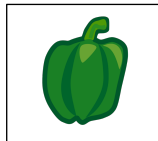
1 stalk celery



1/2 tomato

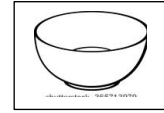


1/2 green pepper



## Supplies:

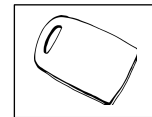
Large salad bowl



Knife



Cutting board



## Steps:

1. Rinse off everything under running water.
2. Tear of the lettuce and spinach into bite-sized pieces.
3. Slice the cucumber and celery into slices and add them to the bowl.
4. Cut the tomato in half and into small chunks and place in bowl.

Cut the green pepper into thin strips and then put them in the bowl.

5. Shake it up and serve with your favorite salad dressing.