

Fresh Spring Salad

Inspired by foodandhealth.com

Contributed by Dena F., Hopelink Harvest volunteer

Ingredients:

- 4 cups romaine, chopped
- 1 bell pepper, diced
- 1 carrot, diced
- 1 tomato, diced
- ½ zucchini, diced
- 1 cup broccoli, diced
- 2 tablespoons red onion, finely diced
- 1/2 cup berries, any variety
- 2 tablespoons pecans
- 2 tablespoons olive oil
- 2 teaspoons honey
- 4 tablespoons vinegar, any variety
- ½ tsp fresh or dried oregano
- Black pepper to taste

Method:

1. Toss all ingredients together in a large mixing bowl.
2. Serve immediately or chill up to 1 hour before serving. – Enjoy!

For more healthy recipes:

www.hopelink.org/need-help/food/healthy-recipes

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Growing Connections to Fresh Food

