



## Fresh - Local - Delish

### Cooking with TRACTOR & Extension



#### Ingredients:

- 4 cups spinach (fresh)
- 4 cups lettuce (fresh)
- 2 cups green pepper (chopped, or use red, yellow, or orange)
- 2 cups cherry tomatoes (halved)
- 1 cup broccoli (chopped)
- 1 cup cauliflower (chopped)
- 1 cup yellow squash (sliced)
- 2 cups cucumber (peeled and sliced)
- 2 cups carrot (chopped)
- 1 cup zucchini (sliced)
- ¼ cup radishes (sliced)
- ¼ cup green onion (sliced)

#### 5 A Day Salad

#### Instructions:

1. Wash all of the vegetables and mix them together in a large mixing bowl.
2. Top this colorful meal with the nonfat or low-fat dressing of your choice.

