



Recipes

Salads

Garbage Salad

Prep Time: 15 minutes

Yield: 4 servings

Ingredients:

4 cups mixed greens
1/4 cup roasted sunflower seeds
1 cup cherry tomatoes
1/2 cup carrots, sliced thin
1/4 cup red onion
1/4 cup sweet corn
1/2 cup green beans
1 teaspoon basil
1/2 teaspoon dried oregano
2 beets, roasted and peeled and sliced thin

Directions:

1. Combine all ingredients together and toss.
2. Enjoy with citrus vinaigrette dressing.