



Colorful Italian Salad Bowl

Ingredients:

- 1 head red leaf lettuce, chopped
- 1 head Romaine lettuce, chopped
- ½ small red onion, peeled and sliced thin
- 1 can hearts of palm, drained and roughly chopped
- 1 12 oz. jar roasted red peppers, drained and diced
- 1 packet Diet Right Cheese Sauce, prepared
- ½ cup Walden Farms Italian Salad Dressing

Directions:

1. Combine all ingredients.
2. Toss with Walden Farms Italian Salad Dressing and serve.

Servings: makes 4 servings.

Each serving = unlimited veggies, ½ cup occasional vegetables, ½ cup select vegetables, 1 extra.

716-320-1515
DietMentor.com
info@dietmentor.com