



Kim's Leftover Salad

Ingredients:

Other than lettuce, the ingredients of this salad should be determined by what you have on hand. Just about any leftover vegetable, fruit, cheese, meat or poultry, beans, nuts or seeds could be added to create your own unique version of this salad.

Suggestions:

- Assortment of fresh salad greens
- Mushrooms
- Peppers, red, green or yellow
- Broccoli
- Cucumbers
- Tomatoes
- Corn
- Summer squash, zucchini or yellow
- Leftover grilled chicken
- Cold cuts
- Chopped peaches or other fruit
- Black beans, garbanzo or kidney beans
- Shredded cheese
- Low-fat dressing (of choice), or red wine vinegar and oil, seasoned with salt and pepper

Directions:

Place lettuce in serving bowl. Add any number of the above list ingredients and serve with your favorite low-fat dressing.

Source: Kim Sopczyk

