



Rooftop Garden Salad featuring Fresh Berries

Serves 10



Rooftop Garden Salad featuring Fresh Berries

Ingredients

- 2 lb. mixed greens
- 40 each cucumber slices
- 10 oz. tomatoes (any variety)
- 10 oz. purple cabbage, shredded
- 10 oz. carrots, shredded
- 2 ½ cups blueberries
- 2 ½ cups strawberries, sliced
- 2 ½ cups raspberries
- 10 oz. feta cheese
- 10 Tbsp. almonds, toasted, sliced

Directions

1. Place mixed greens (3.5 oz. per salad) in a bowl and arrange 4 cucumber slices at the top of each bowl.
2. Working clockwise, place 1 ounce of shredded carrots, 1 ounce of tomatoes and 1 oz. of cabbage around the bowl.
3. Arrange the berries (¼ cup of each per salad) in the center.
4. Sprinkle the berries with 1 ounce of feta cheese per salad.
5. Sprinkle 1 tablespoon of toasted almonds over the whole salad.

Nutritional facts per 1 serving (1 salad, 351g):

Calories 220, Total Fat 12g (20%), Saturated Fat 4g (20%), Cholesterol 15mg (4%), Sodium 390mg (15%), Total Carbohydrate 23g (8%), Dietary Fiber 8g (30%), Total Sugars 13g, Protein 9g