

RECIPE #24

TOSSED SALAD

Wash lettuce thoroughly and then tear into bite sized pieces.
Put in lettuce spinner or drain all water off.

Peel 2 carrots and slice or shred.

Wash 2 celery stalks and slice.

Wash and seed 1 green pepper, then dice.

Cut off one-quarter head of red cabbage and wash thoroughly.
Then shred in food processor or cut it up finely like shredding
would do.

Wash 6 green onions and slice. Use all of the onion, including the
completely green part, as long as it looks good. If it is crushed
or bruised, then do not use it.

When tomatoes are in season, wash and peel. Then dice or cut into
wedges. It is best to serve tomatoes in a separate bowl unless you
are sure there will be no salad leftover. Tomatoes mixed with the
lettuce and stored in the refrigerator will cause the lettuce to wilt
faster and not be very enjoyable to eat the following day.

Mix all ingredients together and serve with favorite salad dressings.
Also serve (but do not mix with salad) croutons, wheatnuts, bacon
bits or sunflower seeds for special toppings.