

No Lettuce Salad

Prep Time: 12

No Lettuce Salad Recipe:

1 Carrot
1 Zucchini
1 Yellow Squash
1 Cucumber
1/2 wedge Red & Green cabbage(w/ core)
1 large Celery stalk
1/2 wedge White Onion (w/ core)
1 - 2" slice Butternut Squash

Instructions:

Cut all vegetables. Mix all ingredients.

Cheats:

This is one of Jerrod Sessler's (cancer survivor and NASCAR Driver) favorite recipes.

We get our produce from:  www.freggies.com

For more information on eating and living healthy, visit: www.hope4health.org