



# **Recipe #441 Diabetic Friendly Tossed Salad**

**Serving Size and Ingredients: 8 oz.**

25 Servings	50 Servings	100 Servings	Ingredients
3 heads	6 heads	12 heads	Lettuce
½ qt.	1 qt.	2 qts.	Green Onions, Chopped
1-½ qt.	3 qts.	1-1/2 gal.	Tomatoes, Fresh, Diced
1 qt.	2 qts.	1 gal.	Cucumber, Peeled, Diced
½ qt.	1 qt.	2 qts.	Radishes, Sliced
½ qt.	1 qt.	2 qts.	Carrots

North Central New Mexico Economic Development District  
 Council of Governments  
 Non-Metro Area Agency on Aging  
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### ***Directions:***

- 1. Wash and core lettuce; cut into bite sized pieces.***
- 2. Combine all vegetable except tomatoes; toss lightly; refrigerate until served.***
- 3. Toss in tomatoes just before serving.***