



Zero Waste Rainbow Salad

CATHERINE LOWE

ingredients

- Equipment:
- 1 large bowl
- Chopping board
- Small knife
- Vegetable peeler
- Adult to help or supervise

directions

Peel carrots.

Chop all the vegetables in to bite-sized pieces and put them all in a large bowl.

Mix all the vegetables pieces together.

Optional: Season with freshly ground pepper and/or salt.

Serve with your favourite salad dressing, examples, French dressing, Caesar dressing or olive oil.

TIME: 25 MINUTES

PORTIONS: 1 SALAD