Lettuce Leaf TACOS

2-3 heads lettuce, washed
(butter lettuce or romaine work best)

2 cucumbers, peeled and grated
6 carrots, peeled and grated
salt and pepper

In a large mixing bowl, combine the
grated cucumbers and carrots. Gently
toss the vegetables with the salad dressing
and season to taste. Place the cucumber-
carrot filling into a lettuce leaf, wrap,
and enjoy!

BE CREATIVE! FEEL FREE TO ADD:

* edible flowers! (nasturtium, borage, arugula flower)
* assorted herbs! (parsley, cilantro, thyme, mint, basil)
* other garden greens! (arugula, sorrel, purslane)

grated beets, zucchini, summer squash, etc!
Basic Salad Dressing

\[ \frac{1}{4} \text{ cup vinegar} \]
\[ \frac{1}{2} \text{ teaspoon salt} \]
\[ \frac{1}{4} \text{ teaspoon pepper} \]
\[ 1 \text{ small clove garlic - peeled and crushed} \]
\[ \frac{3}{4} \text{ cup olive oil} \]

In a small bowl combine the vinegar, salt, pepper and garlic. Add the olive oil SLOWLY by pouring it from the measuring beaker in a tiny, thin trickle while whisking constantly.

Optional: Fresh herbs, mustard, shallot or a touch of honey can also be added if you like.