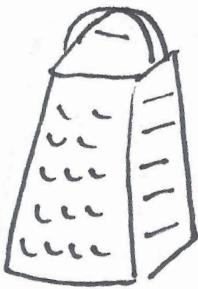


Lettuce Leaf TACOS



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
and enjoy!

BE CREATIVE! FEEL FREE TO ADD:

- ✿ edible flowers! (nasturtium, borage, arugula flower)
- ✿ assorted herbs! (parsley, cilantro, thyme, mint, basil)
- ✿ other garden greens! (amara, sorrel, purslane)
- ✿ grated beets, zucchini, summer squash, etc!

Basic Salad Dressing

$\frac{1}{4}$ cup vinegar

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon pepper

1 small clove garlic - peeled and crushed

$\frac{3}{4}$ 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.