



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

$\frac{1}{4}$ 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 S L O W L Y 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.