

Chopped Salad!

(use caution when cutting vegetables)

Ingredients

- 1- 2 heads of iceberg lettuce

Optional toppings-

- 1/2 onion, thinly sliced
- 1 tomato, cut into medium dice size
- 1 can chickpeas, rinsed and drained
- 4 - 8 ounces mozzarella, cubed (cut into bite-size pieces)
- 2 - 4 ounces pepperoni, stack pieces and cut into long strips
- ½ to 1 cucumber, washed and cut into medium dice
- 1 carrot, washed, and small/medium dice
- 1 pepper, wash, remove the core and seeds, and medium dice
- Open and drain olives



Instructions

1. Wash then medium dice/cube all the vegetables to prepare them for the salad.
The goal of any chopped salad is to have all of the vegetables relatively uniform in size.
2. Remove the bottom of the iceberg lettuce by cutting it off. Remove any outer leaves if they don't seem fresh. Cut the iceberg lettuce into quarters (4 pieces). Use a bread knife or serrated knife if possible to cut lettuce. Slice the lettuce lengthwise into 1/4-inch strips.
3. In a large bowl, combine the lettuce and any other options you choose: carrot, cucumber, pepper, tomatoes, chickpeas (as much as you like), mozzarella, olives (¼ of the can or as much as you would like), pepperoni, and onion.
4. Drizzle with the dressing and toss gently to coat. Add croutons (as many croutons as you would like) at the end so they stay crunchy. Enjoy!

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