

Bowl of Fresh Veggies

I eat this at least 3 days a week! It is good and good for you.

1 tomatoe

1 stalk celery

1 carrot

1/2 zucchini

1/4 bell pepper

3-4 snap beans

grated cheese (optional) and salad dressing

The vegetables above are just suggestions. You can use any fresh vegetables you have on hand. Chop all vegetables very small and place in salad bowl. Sprinkle with cheese and drizzle with salad dressing.

My son uses cheddar cheese with ranch dressing.

I use feta cheese with balsamic vinegar and olive oil for dressing.