

# Garden Salad

Feel free to experiment with your garden salad. Try adding some fruit, spinach, shaved carrot or fresh onion.

## Categories

Gluten-free

Yields: 4 servings

Preparation time: 15 mins

Cooking time: 0 mins

Category: Salads and dressings

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Raw



## Ingredients

Lettuce, romaine or cos	0.5 head
Radicchio, raw	0.75 cup
Cucumber, raw, without peel	0.5 medium
Tomato raw (includes cherry, grape, roma)	6 grape
Radish, raw	4 medium - 3/4" to 1" diameter

## Instructions

Wash and cut all veggies into desired sizes. Combine and add dressing of choice.

I usually make garden salads with whatever suitable veggies are hanging around in my fridge. Love this salad with a simple olive oil and freshly squeezed lemon dressing and a dash of sea salt.  
9. Place the sautéed vegetables over half of the omelette. Add the vegan cheese. Loosen the sides with a spatula and and fold omelette in half over the vegetables. Gently press down with the spatula to help melt the cheese. Cook for about a minute or two.  
10. Serve warm.