

# Garden Salad

Serves: 1

## Ingredients:

- 1 stalk of Green Leaf Lettuce
- 1/3 large English Cucumber Slices, halved
- 8 ounces Cherry Tomatoes, halved
- 1 slice White Onion, diced
- 1/2 Avocado, diced
- 1 1/2 Tablespoons Balsamic Vinegar



A Pound of Cure  
Dr. Matthew Weiner

## Equipment Needed:

- Large salad bowl
- Cutting board
- Knife

## Directions:

1. Wash and chop all your fruits and vegetables.
2. Throw all the ingredients into a bowl and top with Balsamic Vinegar. Enjoy!