

HAND-HELD SUPER SALAD

NON-COOK RECIPE

SERVES 12

2 cups cooked small-shaped pasta (shells, fusilli, bow ties, etc.)

1/2 cucumber, peeled

1 carrot, peeled

1 medium tomato

1 medium apple

1/2 cup crumbled Feta or sharp cheddar cheese, grated

1/4 cup shelled sunflower seeds

1 cup canned tuna (water-packed), drained

1/2 cup olive or other vegetable oil

2 Tablespoons wine vinegar or lemon juice

Salt and pepper to taste

6 whole lettuce leaves (green or red leaf)

Chop cucumber, carrot, tomato and apple into 1/2-inch pieces and combine in a large bowl. Add cooked pasta, cheese, sunflower seeds and tuna. Toss lightly to mix. Set aside.

In a small bowl, whisk together oil and vinegar or lemon juice and salt and pepper. Drizzle dressing over salad and toss lightly to coat.

Place 1 lettuce leaf on each plate. Spoon 3 or 4 Tablespoons salad onto bottom half of each lettuce leaf, leaving a 1-inch border. Roll up leaf, cut in half and enjoy.

Skills Developed

Measure

Mix

Chop

Grate
