Tossed Salad
Makes 8 servings

Ingredients:
1 small head of Romaine lettuce, washed
1 tomato cut into 8 wedges
1 cup chopped broccoli
5 radishes, sliced
1/4 cup chopped onion

Directions:
1. In a large bowl, toss together lettuce, tomatoes, broccoli, radishes and onion.
2. Add a small amount of your favorite low calorie salad dressing and serve immediately.

Source: Cornell University Cooperative Extension – New York City Nutrition & Health Programs Recipe Collection.