



Fresh Island Salad

Light, refreshing, and full of nutrients

Farm Produce You Can Use:

- Lettuce or mixed greens
- Tomatoes
- Cucumbers
- Peppers
- Onions

Ingredients

- A bowl of fresh greens
- Chopped vegetables
- Olive oil
- Lime or lemon juice
- Salt & pepper

Simple Dressing

- 2 tablespoons olive oil
- Juice of ½ lime or lemon
- Pinch of salt & pepper

Optional Add-Ins

- Boiled egg
- Grilled fish
- Beans
- Avocado

Directions (How to Make It)

1. Wash and chop vegetables.
2. Toss everything together gently.
3. Drizzle dressing and mix lightly.

Wellness Focus

- Hydration, fiber, and fresh nutrients to keep you feeling light and energized.