

Raw Vegetable Salad

Lucy Farley recommends this salad as a good way to use raw vegetables you have in the refrigerator. including any or all of the following:

Broccoli
Green Cabbage
Red Cabbage
Carrots
Cauliflower
Celery
Red Onions

Select vegetables to taste and chop to general uniform consistency (except Carrots, which are best shredded). Add Raisins, and Sunflower Seeds or Pine Nuts to taste.

Dressing should be light and on the "thin runny" side; you can make general slaw dressing using Mayonnaise, Sugar, Vinegar, Salt and Pepper, or bottled Ranch or Bleu Cheese is good. Lucy suggests diluting bottled dressing with milk to desired taste and consistency.

Serves as many people as you want to chop vegetables!

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