

Chopped Veggie Salad

THM:E

(Makes multiple servings)

In a large bowl, add:

- 1/4 cup balsamic vinegar
- 1 Tbsp. olive oil
- your choice of garlic powder, onion powder, salt, pepper, cayenne, cumin, paprika, basil, oregano, and/or marjoram

Now add:

- 1 can of beans, drained (I used garbanzo beans, but you could use black beans or another bean of your choice)
- 1/2 cup of corn, drained
- 1 fresh tomato, chopped
- 1 fresh pepper, chopped
- 1/2 of an onion, chopped (more if you like)
- 1 medium cucumber, chopped



Stir well (or put the cover on the bowl tightly and shake well).

To serve, layer some chopped lettuce in the bottom of your bowl. Then add a generous portion of mixed veggies. Next, add some cooked or canned chicken. Sprinkle with some nutritional yeast and salt and pepper.

enJOY!

