

Meatless Chef's Salad



Wash all vegetables first before chopping!

1. In a large bowl, combine:

Romaine lettuce, chopped	1 head
Tomatoes, sliced	1 large
Cucumber, sliced	1 cup
Black beans, rinsed and drained	1 can(540 ml)
Cheddar cheese, shredded	$\frac{1}{2}$ cup
Eggs, hard boiled and sliced	4

To Make Hard Boiled Eggs:

1. In a small pot, add an egg (1 or more)
2. Fill pot with water until egg is covered and place lid on top.
3. Turn on stove to high heat and bring water to a boil. Once it starts to boil, remove pot from heat.
5. Let egg stand in water for 20 minutes with lid on top.
6. Drain water and run cold water over the egg to cool (this will make it easier to peel and a green ring will not form around the yellow part of the egg).
7. Peel shell off the egg.

2. Pour dressing over the vegetables and toss lightly.

Serves 4

Source: *Cooking Healthy Together*, Toronto Public Health, 1997

Courtesy of Healthy Start for Mom & Me, Winnipeg Tel: 204-949-5350 Website: www.hsmm.ca