



SALAD RECIPES

CABBAGE SALAD

1- BAG PREMIX CABBAGE SALAD OR 4 -5 CUPS OF CHOPPED CABBAGE
1/8 CUP CHOPPED ONION
1/2 CUP CHOPPED CELERY OR SPRINKLE CELERY SEED
OPTIONAL 1/8 CUP CHOPPED FRESH PARSLEY

ADD DRESSING:

1/2 CUP MAYO
1TBS. SUGAR, HONEY OR STEVIA
1 TBS. VINEGAR
2 TBS. OF MILK
GROUND PEPPER

YOU CAN ALSO USE THE ITALIAN DRESSING RECIPE ON THE CABBAGE SALAD

SPINACH SALAD

FRESH LEAF (WHOLE OR CHOPPED)

OPTIONAL: ONIONS, PARSLEY, CELERY, CUKES, TURKEY BACON

ADD DRESSING:

1/4 CUP VINEGAR
1 CUP OLIVE OR CANOLA OIL
1/2 TSP. GARLIC POWDER
1/2 TSP. ONION POWDER
1/2 TSP. HONEY, SUGAR OR STEVIA
GROUND PEPPER

YOU CAN ALSO USE ANY OF THE OTHER DRESSING RECIPES.
ADD DESIRED AMOUNT TO THE SPINACH AS NEEDED.

OPTIONAL ITEMS TO BE ADDED TO EITHER SALAD:

WALNUTS, CRASINS, RAISINS, CHOPPED APPLE OR PINEAPPLE.