



EAT MORE BURN MORE

SALAD ON A STICK



INGREDIENTS:

2 carrots, thinly sliced diagonally

1 cucumber, thinly sliced diagonally

½ head of romaine lettuce, cut into 2½-inch chunks

1 cup baby tomatoes

Active time: 10 minutes

Cook time: 10 minutes

Yield: 4 servings

PREPARATION:

1. Skewer the carrots, cucumber, lettuce, and tomatoes onto 4 long wooden skewers, alternating the vegetables.
2. Refrigerate and serve with your favorite healthy dressing.