

Easy Tossed Salad

submitted by lemr7



Per serving: 139 Calories • 28.5g Carbs (6.5g Fiber) • 2.8g Fat • 4.8g Protein

Ingredients

Ingredients scaled to: 2 serving

- 2 cup shredded **Lettuce** (94 grams)
- 2 medium whole (2-3/5" dia) **Tomatoes** (246 grams)
- 2 large (7-1/4" to 8-1/2" long) **Carrots** (144 grams)
- 2 cucumber (8-1/4") **Cucumber** (602 grams)
- 2 medium (4-1/8" long) **Scallions** (30 grams)
- 2 tbsp **Ranch dressing** (30 grams)

Directions

Directions are based on the original recipe of 1 serving

1. Chop lettuce, tomato, carrots, cucumber, and scallions. Toss all together well with the dressing and enjoy!