SAND Sports Nutrition Workshop: Field Hockey

Mixed Greens Salad

**Team 3** - Mixed Greens Salad

**Ingredients** - 6 servings

6 cups Romaine lettuce

10 cherry tomatoes, halved

6 tbsp craisins

2 tbsp slivered almonds

Dressing

**Directions**:

* Wash lettuce. Break up lettuce in small pieces and place in bowl.
* Slice cherry tomatoes in half.
* Place cherries, craisins and almonds in bowl.
* Pour dressing and mix thoroughly.