

# APS Cooking Club



## Leafy Green Salad

Serves approximately 30

**Season:** All Seasons

**Difficulty:** Easy

**Ingredients:** Lettuce, carrots, lemons

### Equipment

- Large and small bowls
- Salad spinner
- knife
- chopping board
- peeler
- garlic crusher



### Ingredients

- 4 cups of lettuce leaves from the garden
- 2 cups mixed herbs from the garden
- 1 carrot washed peeled and shredded

#### Dressing

- ¼ cup lemon juice
- 2 tablesp extra virgin oil
- 1 pinches sugar and 1 pinch of salt
- 1 clove of garlic and some herbs from the garden

### What to do

- Tear off leaves and cut off stems
- Fill a large bowl with water.
- Place salad leaves in the water and rinse well.
- Lift leaves out of water drain and rinse again.
- Put salad in the spinner and remove excess water.

#### Dressing

- Chop garlic roughly and place in the garlic crusher and press to a fine paste.
- Put in a small bowl with lemon juice and sugar and stir in the olive oil and herbs and whisk the dressing lightly.
- Place salad in a large serving bowl with shredded carrot and top with the dressing.