

Featured Vegetable

Lettuce

A source of vitamin A, which is good for healthy eyes and skin. Also a source of Potassium, fiber and vitamin C.



Simple Lemony Salad Dressing

Ingredients	Directions
<ul style="list-style-type: none">● 2 lemons● 1/2 cup olive oil● 1 tablespoon honey● salt to taste (optional)● Lettuce or other leafy green for serving	<ul style="list-style-type: none">● Wash hands, wash everything● Cut lemons in half and squeeze juice into a bowl, removing seeds● Add lemon juice, olive oil and honey to a jar● Shake in a tightly sealed jar until blended and creamy● Serve over your favorite salad toppings!

