

Spring Chopped Salad



15 min.



4 servings



PER SERVING
83 CAL
FAT: 3.6g
CARB: 10.5g
PROTEIN: 2.7g

INGREDIENTS

- 1 Cucumber, seeded and diced
- 1 tbsp Olive Oil
- 2 tbsp Lemon Juice
- 1 cup Parsley, chopped
- 4 medium Scallions, sliced
- 2 cups Sugar Snap Peas

DIRECTIONS

1. Place the cucumbers, snap peas, scallions, and parsley in a large mixing bowl. Add the oil and lemon juice, then sprinkle with salt and pepper.
2. Toss with two spoons for about 2 minutes until the vegetables are coated. Taste and adjust seasonings.



WELL FED