

From the cookbook “Man Can Cook”
By Robert Sturm



“Junk” Salad

Ingredients:

- 4 Cups Romaine Lettuce, chopped
- ½ Cup Brown Rice Rotini Pasta, cooked
- ½ Cup Croutons
- ½ Cup Celery, sliced
- ¼ Cup Red Onion, slivered
- ¼ Cup, Carrots, julienne
- ¼ Cup Calamata Olives, pitted
- 1 each Apple, sliced thin
- ¼ Cup Macadamia Nuts, crushed
- 1 each Sweet Pepper, sliced into rings
- 1 each Tomato, cut into 6 wedges
- ½ Cup LPL Dressing – see recipe (or your favorite salad dressing)

Directions

In a large bowl, combine lettuce, pasta, celery, red onion, carrot, pepper and apple together well. Place in a salad bowl and top with croutons, olives and nuts. Arrange tomatoes around salad.

Serves 2

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