

TOSSED SALAD WITH WHEAT ROAST

Ingredients:

½ lb of diced White Mountain Foods Wheat Roast
½ head of butter lettuce (also called Boston or Cobb)
½ cup of sliced red onion
½ diced tomato
¼ lb of kalamata olives
4 T. of olive oil
4 T. of red wine vinegar
½ lemon
garlic powder
salt
pepper

Directions:

Wash lettuce and shred into a salad bowl. Add onion, tomato, Wheat Roast, and olives. Add olive oil and vinegar. Sprinkle approx. 1 tsp. of garlic powder, salt, and pepper over salad and toss. Sprinkle approx. 1 tsp. of spices again and toss. May substitute oil vinegar & spices with your favorite salad dressing. Serves approx. 4.