

GARDEN SALAD

INGREDIENTS:

- 12** leaves of baby Romaine/Cos lettuce (use more if leaves are small)
- 8** radishes
- 10** baby Roma tomatoes (add more if small)
- 1** grated orange carrot; or 8 baby carrots
- 1** grated purple carrot
- ½** cup of grated or cut slices of pickled beet root (raw, steamed, or jarred)
- 1** fresh lemon juiced
- 8** shakes of garlic powder
- 6** shakes of dried oregano; and/or 4 sprigs of fresh oregano leaves
- 2** Tbsp of *Omega Nutrition* Flax Seed oil

DIRECTIONS:

Wash the lettuce, radishes, tomatoes, carrots, and lemon well.

Cut lettuce into narrow (about ½" wide) strips into two small salad bowls or one larger bowl.

Slice the radishes, or cucumber into the salad.

Scrape or peel the skin off the carrots (optional).

Grate the yellow and purple carrots into the salad.

If using baby carrots, cut smaller pieces into the salad.

Cut the tomatoes in half into the salad. If small use whole.

Grate or slice the beet root into the salad, and mix.

Squeeze the juice from a fresh lemon into the salad

Sprinkle the garlic powder and oregano over the salad.

Add fresh oregano leaves.

Pour the flax seed oil all over the salad, mix and serve.

ENJOY with meat, fish, soup, or vegetable dishes.

Serves 2

Use organic ingredients

Suitable for blood type O

For blood type A eliminate the tomatoes

For blood type B eliminate the radishes & tomatoes

For blood type AB eliminate the radishes

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