

## Greens with Cilantro Dressing

### *Ingredients:*

#### Salad

- 1 bunch (5oz) fresh spinach
- 1 large head chopped romaine lettuce
- 1/2 small sweet onion or 4 green onions, finely chopped
- 2 medium cucumbers, scored and sliced

#### Dressing

- 1/4 cup chopped fresh cilantro, leaves only
- 1/2 cup oil
- 1/4 cup vinegar
- Pepper and salt to taste

### *Directions:*

#### Make Dressing

1. Combine cilantro, oil and vinegar.
2. Add salt and pepper to taste.

#### Make Salad

1. Rinse spinach and romaine. Dry.
2. Tear greens into bite-sized pieces in large salad bowl.
3. Add chopped onion and cucumber.

#### Assemble

1. Add dressing to greens in large bowl or individually.



Recipe adapted from UW-Extension Waukesha County

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program– SNAP and Expanded Food and Nutrition Education Program - EFNEP. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

