

SUMMER VEGGIE MIX

INGREDIENTS:

So many vegetables are in season this time of year, which gives you the perfect opportunity for a great healthy snack. Fresh vegetables are a delicious way to get your some of your daily carbohydrates and fiber. Most people get their daily vegetable servings from salads. While salads are very nutritious, they are not very good for being stored because lettuce doesn't stay fresh very long. So next time you need a snack on the go, try this veggie mix.

1/2 a large sliced cucumber
1 cup of cherry tomatoes
1 cup of sliced carrots
1/2 cup of black or green olives
Add any of your favorite fresh veggies
2-3 tbsp. of low fat vinaigrette (just enough to lightly glaze the veggies).
Store in refrigerator

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