VA Share the Harvest – Farmers' Market Salad

Serves two

1 carrot, scrubbed and finely diced
1 cucumber, peeled if waxed, seeded, and diced
2 tomatoes, chopped
1 celery rib, finely diced
4 large green olives, pitted and sliced
small cubes of sharp cheddar cheese
1 tablespoon toasted sunflower seeds
3-4 torn leaves of basil
1 teaspoon olive oil
black pepper
fresh lemon juice to taste

Gently toss everything with the oil. Season with pepper and add a little lemon juice to taste.

Nutrition Facts: Calories, Total Fat, Saturated Fat, Cholesterol, Sodium, Total Carbohydrate, Dietary Fiber, Sugars, Protein
Adapted from Vegetarian Cooking for Everyone by Deborah Madison