



HEALTH EMPOWERMENT THROUGH BEHAVIORAL AND NUTRITIONAL INITIATIVES

## Hebni Shaker Salad

*Recipe courtesy of Hebni Nutrition Consultants*

Mix and match your favorite vegetables, fruits and proteins to customize this salad. Below is a list of items to get you started.

- 2 tablespoons salad dressing of your choice
- Carrots, diced or shredded
- Apples, diced
- Black beans, rinsed and drained
- Chick peas, rinsed and drained
- Red onion, diced
- Red bell pepper, diced
- Yellow bell pepper, diced
- Beets or pickles, diced
- Craisins
- Tomatoes, diced
- Mandarin oranges
- Romaine lettuce, finely shredded

Layer the desired amount of each ingredient in a container with a lid, starting with the salad dressing. Next, add the firmest items and work your way toward the softest items, ending with the lettuce. Put the lid on the container and shake well to incorporate the salad dressing throughout.

Suggested order of ingredients:

1. Salad dressing
2. Carrots and apples
3. Beans and chick peas
4. Onion
5. Bell peppers and beets
6. Craisins, tomatoes and oranges
7. Lettuce