

Simple Lettuce Salad with Ranch Dressing

Lettuce Salad:

Ingredients:

1-2 lettuces
5 tomatoes
1-2 cucumbers

Method:

1. Wash all vegetables
2. Rip or cut lettuce
3. Chop tomatoes into wedges
4. Cut cucumber into slices/chunks
5. Put all ingredients into a large bowl, mix together
6. Add dressing just before serving

Easy Healthy Ranch Dressing:

Ingredients:

1 cup plain/greek yoghurt
¼ cup chopped dill
¼ tsp garlic powder
¼ tsp salt
¼ tsp ground black pepper

Method:

1. Finely chopped dill
2. Add all ingredients to a small jar, screw lid on tight and shake well
3. Set aside till serving salad, pour over top of salad and give a quick toss