

## Lettuce Boat Salads



### Ingredients:

- 2 medium cucumbers
- 8 ounces strawberries
- 8 ounces grapes
- 1 small red bell pepper
- 8 to 10 basil leaves, chopped
- 2 tablespoons olive oil
- 1 lime
- 1/2 teaspoon salt
- 2 to 3 teaspoons sunflower seeds
- romaine lettuce leaves

### Directions:

1. Chop the cucumber, strawberries, grapes, and red bell pepper into bite sized chunks.
2. In a small bowl, juice the lime. Add olive oil and salt to the juice
3. Place the chopped fruits, vegetables, and basil in a large bowl. Add the sunflower seeds.
4. Pour the dressing into the bowl and toss to combine everything thoroughly.
5. Spoon the salad onto romaine lettuce leaves for a fresh, pretty presentation.
6. Eat immediately. Refrigerate uneaten portions.

Makes 4 servings



**Tarrant County Public Health**  
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