



Motif Salad

This colorful salad is a great side dish or a fun platter for a party, with few ingredients, it is a cinch to make and the taste will impress.”- Kelly May

Prep Time: 15 min

Cook Time: 0 min

Ready In: 15 min

Serving Size: 7 servings

Salad Ingredients

- ✓ 1 medium cucumber, slices
- ✓ 1 yellow squash, sliced
- ✓ 2 medium tomatoes, sliced

Dressing Ingredients:

- ✓ ¼ cup of flax oil (or olive oil)
- ✓ 3 tablespoons minced fresh basil (or 1 tbsp. dried basil)
- ✓ Juice from ½ a freshly squeezed lemon (2 tbsp. lemon juice)
- ✓ 1 teaspoon sugar
- ✓ ½ teaspoon grated lemon peel
- ✓ Salt & pepper to taste

Directions

1. On a large plate arrange the tomatoes, squash, and cucumber in alternating pattern.
2. Combine all dressing ingredients in a jar or container with a tight lid and shake well.
3. Drizzle dressing over salad and serve!

Nutrition

Amount per serving

- ❖ Calories: 87
- ❖ Total Fat: 7 g
- ❖ Total Carbs: 6 mg
- ❖ Protein: 1 g
- ❖ Cholesterol: 0 mg
- ❖ Sodium: 78 g