



Red Salad with Green Olives & Radish

Ingredients

- 2 cups fresh lettuce leaves, chopped
 - 1 cup cherry tomatoes, halved (or regular tomatoes, diced)
 - ½ cup green olives, sliced
 - 4–5 radishes, thinly sliced
 - 2 tbsp extra virgin olive oil
 - 1 tbsp lemon juice (or apple cider vinegar)
 - ½ tsp sea salt
 - ¼ tsp black pepper
 - Fresh parsley or basil, for garnish (optional)
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Instructions

1. Wash and dry all vegetables thoroughly.
2. Slice the lettuce, halve the cherry tomatoes, and thinly slice the radishes.
3. Place lettuce as the base in a large bowl or salad plate.
4. Top with tomatoes, radishes, and green olives.
5. In a small bowl, whisk together olive oil, lemon juice, salt, and pepper.

6. Drizzle dressing over the salad and toss gently.
 7. Garnish with parsley or basil, if desired. Serve fresh.
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Benefits

- Lettuce → hydration + fiber for digestion.
- Tomatoes → rich in lycopene, supporting heart health.
- Radishes → detoxifying properties + vitamin C.
- Green olives → healthy fats that support skin and brain.
- Olive oil → anti-inflammatory and heart-protective.