



*Weight Loss Done Right!*

## COLORFUL ITALIAN SALAD BOWL

### Ingredients:

- 1 head red leaf lettuce, chopped
- 1 head Romaine lettuce, chopped
- ½ small red onion, peeled and sliced thin
- 1 can hearts of palm, drained and roughly chopped
- 1 12 oz. jar roasted red peppers, drained and diced
- ¼ cup Diet Right Cheese Sauce
- ½ cup Walden Farms Italian Salad Dressing

### Directions:

1. Combine all ingredients.
2. Toss with Walden Farms Italian Salad Dressing and serve.

Serves 4