Large Vegetable Tray

1 lb. Lettuce Leaf, Washed
1 ½ lb. Baby Carrots
1 ½ lb. Celery Sticks
1 ½ lb. Cucumbers
16 oz. Red Pepper, Cleaned
16 oz. Green Pepper, Cleaned
10 Grape or Cherry Tomatoes

METHOD OF PREPARATION:

1. Stripe the cucumbers and hand slice about 3/8 inch thick, discarding the ends.
2. Cut the red and green peppers in strips 1/4 inch wide and the length of the pepper.
3. Lay lettuce leaves on a tray.
4. Arrange the vegetables nicely on the tray on top of the leaf lettuce.
5. Scatter the grape or cherry tomatoes over the tray.

SERVES: 64 (2 oz. portions)

NUTRITION: 10 Calories, 0 g Fat, 0 g Saturated Fat, 0 g Trans Fat, 0 mg Cholesterol,
20 mg Sodium, 3 g Carbohydrate, 1 g Dietary Fiber, 0 g Protein

WEIGHT WATCHER POINTS = 0

ALLERGENS: None