

Chat N Chew

All Food Groups Salad

- *1 ½ cups cooked millet*
- *2 cups spinach*
- *½ cucumber peeled and diced*
- *2 carrots peeled and diced*
- *1 tomato diced*
- *Roasted bell pepper*
- *½ cup sunflower seeds*
- *½ cup cranraisins*
- *½ cup feta*
- *¼ cup balsamic vinegar*
- *¼ cup olive oil*

Mix ingredients together and enjoy!