

Football Salad

½ bag green leaf lettuce or spinach leaves
Sliced mushrooms
Sliced Red or Green peppers
Shredded Cheese
Hardboiled egg (slices)
Cottage cheese (optional)
Bread crumbs (optional)

Dressing

¼ cup canola oil or olive oil (olive oil preferred)
1 ½ tablespoons sugar
2 tablespoons apple cider vinegar
Pinch of ground pepper
¼ teaspoon salt
Sprinkle dried pepper

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