

Salad

Blue Cheese and Pineapple Salad

**Vegetarian, Gluten-Free*

Salads are a dish for us to express our creativity. Figure out what works in terms of flavor combinations. This combo is unique but works!

You'll Need

- Lettuce, loosely chopped
- Tomato, cut into chunks
- Pineapple chunks (fresh or canned)
- Cucumber, sliced
- Carrots, sliced
- White onion, sliced
- Blue cheese crumbles
- Olive oil
- Pinch of salt

Directions

- Plate the vegetables on salad plate and top with pineapple, blue cheese, a drizzle of olive oil, and a pinch of salt.

Play with Your Food

- Switch up the vegetables as you see fit
- Try a different fruit
- Add some chopped walnuts or pecans



Medwell Kitchen Tested