



This is a great way to use up all those odd pieces of veggies you might have left over in your fridge. Simply chop all the veggies and mix them together. I used canned crab but you could substitute that with tuna, shredded chicken or shrimp. It will render the same delicious result. Finally I made a buttermilk dressing and mixed it all up. Here is what I used:

- A small piece of Iceberg lettuce
- A small piece of Romaine lettuce
- 1 tomato
- 6 snap peas
- 3 to 4 cooked fingerling potatoes
- 1/2 a small red onion
- 1 carrot
- 1 4 oz. can crab meat

Simply finely chop all of the ingredients - shred the carrots - and place them in a bowl. Add the dressing and toss well. You will probably have left over dressing. Place it in a container with a cover and refrigerate it. It will last for a few days. Don't forget to use it for other salads! It goes beautifully with greens and apples! Serve.

FOR THE DRESSING:

- 2 tablespoon minced red onion
- 1 tablespoon lemon juice
- 1/4 cup sour cream
- 1/4 cup buttermilk
- 1/2 cup mayonnaise
- Salt & Pepper

Place the minced onion and lemon juice in a small bowl and set aside for 5 minutes. Whisk in the sour cream, buttermilk and mayonnaise. Season with salt and pepper to taste.

