



## INGREDIENTS

- 1 Cup Carrots (grated)
- 8 Cups Lettuce (grated)
- 2 Cups Cabbage (grated)
- ½ Cup Canned Peas
- ½ Cup Canned Corn
- 2 Cups Tomato (cubed)
- 2 Cups Cucumber (cubed)
- 3 Eggs
- 6 Cups Potato (cubed from about 3 potatoes)
- 1 Cup Baked Beans in Sauce
- ½ Cup Salad Cream or Mayonnaise

## DIRECTIONS

1. Grate the peeled carrots using a medium grater. Wash the greens, then finely shred them.
2. Cut the tomatoes, remove the core, and dice them into small cubes. Peel the cucumbers, remove the seeds, and dice them into small cubes. Drain and rinse the canned beans, peas, and corn.
3. Hard-boil the eggs for 7 to 10 minutes, then cool and peel. Slice into rounds. Boil the potatoes until tender, peel, and cut into cubes.
4. In a large bowl, start layering the ingredients except for the eggs and baked beans. Begin with the lettuce and cabbage, then add the rest in layers, arranging by color if you like.
5. Continue layering until everything is used up. Add the baked beans as the top layer.
6. Finish by placing the sliced eggs on top. You can also line a few slices around the sides of the bowl for a nice presentation.
7. Serve right away with salad cream or mayonnaise. You can also chill in the fridge until ready to serve.

## MEAL PATTERN CONTRIBUTION

 Vegetable

## MEAL TYPE

 Lunch/Supper

## YIELD

24 Cups

## PORTION SIZES

**Toddler:** ¼ Cup

**Preschool:** ½ Cup

**School Age:** ¾ Cup

**Adult:** ¾ Cup