

GET HEALTHY

ON THE RAILROAD



URBAN MINISTRY INC.

# Mama Ama's Marinated Greens Salad

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SERVES  
8 PEOPLE

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**YUM!** The first 100 registered participants will receive a free produce bag.

## INGREDIENTS

- 1 bunch each fresh greens of choice washed and thinly sliced (collards, kale, mustards, turnips)
- 1 rib celery, finely sliced
- 1 shallot or ½ red onion, thinly sliced
- 1 clove garlic, minced
- 1 sprig of thyme, picked
- 1 cayenne chili, minced
- ½ cup lemon juice
- ½ cup Braggs liquid aminos
- ¼ cup olive oil

LOVE

## Directions

Combine all ingredients in your favorite salad bowl and serve as a side salad or entrée accompaniment.