

Super Salad Recipe

Choose your favorite blend

Mix of Greens:

Romaine, Iceburg, butter Lettuce

Spinach, baby kale

Purple cabbage (shredded)

Argula for a bit of peppery flavor

Toppings Ideas:

Shredded carrots, hopped purple or green onion, cucumber, tomato, beets, hearts of palm, olives, pepperoncini, raisins, pecans, avocado

Proteins:

Beans (garbanzo, black, kidney), baked tofu, edamame

Dressings:

Store bought: Choose low fat, non-dairy if possible.

Or use: Balsamic vinegar, fresh lemon, Dijon mustard dressing*

*Dijon Mustard dressing

Dijon mustard

White wine vinegar

Maple syrup

Whisk together. Add a bit of water or dash of olive oil if you need to thin the dressing out.