

Herbal Legacy Recipes

Cilantro Lime Veggie Salad

Contributed by Herbal Legacy subscriber Trudy Johnson

INGREDIENTS:

- 1 cup fresh cilantro
- 1 chopped tomato
- 1 chopped avocado
- 1 chopped cucumber
- 4 cups mixed baby greens
- 3 TBS fresh lime juice
- 2 TBS flax seed oil
- 1 clove minced garlic
- 1 tsp. powdered kelp



DIRECTIONS:

- Chop all the vegetables.
- Combine the rest of the ingredients, toss until well coated.

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