

# Herbal Legacy Recipes

## Red White and Blue Summer Salad

### INGREDIENTS:

#### Dressing:

- 4 scallions (dark green tops only), thinly sliced
- 1 jalapeño pepper (seeds removed), chopped
- 1/4 cup (loosely packed) cilantro leaves
- 2 tablespoon fresh lime juice
- 1/4 teaspoon sea salt
- 1/4 cup extra-virgin olive oil



#### Salad:

- 1 avocado, peeled and cut into bite-size pieces
- 1 head (12-ounce) butter or Boston lettuce
- 12 cherry tomatoes, cut in half
- 1/4 cup (loosely packed) cilantro leaves
- 1/2 cup blueberries
- 1/4 cup jicama, chopped
- 4 scallions (white parts only), thinly sliced

### DIRECTIONS:

1. **To make dressing:** In a mini food processor or blender, add scallions, 1 teaspoon jalapeño pepper, cilantro, lime juice and salt; pulse to combine. Continue to process while adding olive oil. Once dressing is well blended, taste and adjust spice/heat level with additional jalapeño, being careful not to add too much at one time.
2. In a small bowl, mix avocado with about half the dressing and set aside. This will prevent the avocado from browning.
3. Assemble salad by arranging lettuce leaves in bottom of a large serving bowl. Add tomatoes, then cilantro leaves; then sprinkle with scallions and blueberries. Place avocado in center; serve remaining dressing on the side.

Adapted from a recipe by By Susan Spungen

Herbal Legacy Recipes

<http://www.herballegacy.com/Recipes.html>

© Copyright 2008 Herbal Legacy