

Spring Salad

Salad Mix

2 cups Kale chopped de-stemmed and chopped into bite size pieces

2 cups Romaine or other favorite lettuce torn into bite size pieces

2 cups Spinach torn into bite size pieces

1/2 cup spring onions diced

1 avocado cut into small chunks

1 red bell pepper diced

1 orange peeled, sectioned and cut into bite size pieces

Mix all of the

above salad ingredients. To serve, place in individual bowls and drizzle with the Carrot Orange Ginger Dressing (below).

Carrot Orange Ginger Dressing

3 carrots

2 Tablespoons ginger

1 orange or 2 clementines

3 Tablespoons chopped green onions

1/4 cup apple cider vinegar

1 Tablespoon honey

1 Tablespoon Nama Shoyu

1/4 cup olive oil

2 Tablespoons sesame seeds

1/8 tsp. salt

Water to thin if desired

Blend all ingredients for the dressing in the blender until smooth.



Recipe by Tonya Judd