

The “Better to See You with” Salad

Paprika Pumpkin Almond Crumble

- 1/4 cup pumpkin seeds
- 1/4 cup almonds chopped
- 2 teaspoons olive or coconut oil
- Salt to your desired liking

Mix together and toss with the olive oil and sprinkle with a generous sprinkling of smoked paprika or plain paprika will work as well and then sprinkle with salt. Bake at 350 degrees for 10 minutes or until golden. If you want a “raw” version, soak the pumpkin seeds and almonds and then sprinkle with the smoked paprika and salt and dehydrate until crunchy. If you choose the raw version, omit the oil.

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 and set aside.



Salad Mix

- 2 cups Kale chopped de-stemmed and chopped into bite size pieces
 - 2 cups Romaine lettuce torn into bite size pieces
 - 2 cups Spinach torn into bite size pieces
 - 1 1/2 - 2 cups frozen corn - you can roast this in the oven or if you prefer to not roast it, allow it to sit on the counter while you assemble the remainder of the salad and it will be thawed when the other ingredients are ready.
 - 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 and sprinkle with the Paprika Pumpkin Almond Crumble. Enjoy!

Recipe by Tonya Judd