

Green Goddess Salad



SERVINGS: 4

PREP TIME: 15 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 small head green cabbage
- 3-4 baby cucumbers (or 1 large cucumber)
- 1 bunch green onions or scallions
- For the dressing

FOR THE DRESSING

- 1 cup basil leaves
- 1 cup fresh spinach
- 2 cloves garlic
- 1 small shallot
- 2 lemons, juiced
- 1/4 cup olive oil
- 1/4 cup raw cashews or pine nuts
- 1 teaspoon salt
- 2 tablespoons rice vinegar

DIRECTIONS

1. Wash and chop all of the salad ingredients with a sharp knife as small as you would like (I recommend confetti-sized). Place in a large bowl.
2. Add all of the liquid salad dressing ingredients to a blender (olive oil, lemon juice, rice vinegar). Add the rest of the dressing ingredients to the same blender.
3. Blend until your dressing is a thick, pourable consistency.
4. Pour the dressing over salad ingredients.
5. Mix well and enjoy!

NUTRITION INFO

Calories: 290, Carbohydrate: 12 grams, Protein: 3.3 grams, Fat: 19 grams Fiber: 2.8