



SUPERPOWER GREEN SALAD DRESSING THAT TINGLES!

BY: CATRIONA REYNOLDS

INGREDIENTS

- Ingredients:
- 1 handful mixed power greens (baby kale, baby chard, baby spinach) – substitute baby spinach/spinach
- 1 handful basil
- 2 cloves garlic
- 3 green onions
- 1/8 preserved lemon - substitute pulp of 1/4 lemon
- Juice of 1 lemon – substitute equivalent bottle lemon juice
- 1/4 cup apple cider vinegar
- 1/4 cup olive oil
- 1/2 cup cashews
- 1 tsp green Sichuan pepper oil, adjust to taste
- 1/3 cup parmesan* – optional use vegan version, or omit and increase cashews a bit
- Salt and pepper to taste

INSTRUCTIONS (2 servings)

Step 1

(couldn't be easier!) Add all the ingredients into a blender. Blend until smooth.

USES

- Coarsely chop green cabbage, toss with dressing – serve
- Toss with hot pasta noodles for a delicious dinner or side
- Toss with cold pasta and add chopped veggies for a colorful pasta salad
- Use as a salad dressing - adjust viscosity with water to desired consistency

*Please adjust according to desired taste

Notes: Enjoyed best when shared.

