

Garden Lime Crunch Salad

Salad Ingredients

Red cabbage, sliced thin to make shreds

Savoy cabbage, sliced thin

Kale, Lacinato, stems removed, chopped

Romaine lettuce, chopped

Carrots, shredded or julienned

4-6 scallions, sliced

Optional: Jicama, julienned; cilantro, chopped

Use equal amounts of red and white cabbage, kale, lettuce and carrots (about 1 – 1 ½ cups each.)

Toss with Creamy Avocado Lime Dressing and top with pepitas and fried onions.

Creamy Avocado Lime Dressing

1 ripe avocado

1 lime (~ 2 Tbs)

2 tablespoons olive oil

1 small clove of garlic

1 teaspoon Sriracha or jalapeno

2 tablespoons cold water

1-2 teaspoons white wine vinegar

salt & pepper

Instructions

Add all ingredients except the vinegar in a blender or food processor. Blend until very smooth. Season with salt and pepper to taste (pulse a few times to distribute it) Add the vinegar gradually to taste (pulse a few times again to distribute it) Add more water if you want a thinner dressing as per recipe notes.

Nutrition Facts

Creamy Avocado & Lime Dressing

Amount Per Serving (2 tablespoons) Calories 80

Total Fat 8g

Sodium 19mg

Total Carbohydrates 3g

Dietary Fiber 1.6g

Sugars 0.4g

Protein 0.5g

Vitamin A

Vitamin C

Calcium Iron

* Percent Daily Values are based on a 2000 calorie diet.