

37. Savory Salad

Serves: 6-8

Salad Ingredients:

- 3 cups spinach leaves, shredded
- 1 cup Romaine lettuce, shredded
- ½ cup shredded organic carrots
- 2 zucchini, shredded
- 1 cup of alfalfa sprouts
- 1 cup of broccoli florets
- ½ cup diced yellow bell pepper
- 1 cup red cabbage (chopped)
- 2 hard-boiled omega-3 eggs (sliced)
- 2 ounces shredded raw organic cheese

Dressing: Blend together...

- 2 organic tomatoes,
- one peeled and pitted avocado,
- 1 celery stalk, and
- two carrots,
- two Tablespoons mayonnaise and
- a dash of Herbamare.

Directions:

1. Prepare the salad ingredients into separate cups or containers and then layer directly onto dinner plates, or layer into a large salad bowl.
2. Top with dressing—and it's ready to serve.