

Spiral Veggies and Mixed Greens Salad with Fresh Herb Dressing

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If you have a spiralizer this is a salad particularly fun to make with kids. Salads are great because you can pretty much throw in anything you have. I love this combination because it's so colorful and crunchy.

Ingredients and preparation:

1 tub mixed seasonal greens and/or baby spinach leaves

½ pt. of yellow teardrop tomatoes halved

2 tbsps. diced red onion

1 cup of red cabbage, shredded

½ red pepper cut into thin strips

Spiralize:

1 sweet potato (purple is fun if available)

1 zucchini

1 English cucumber

1 watermelon radish

Combine ingredients above in a bowl large enough to mix the salad

Fresh Herb Dressing:

1/4 cup extra virgin olive oil

1/2 cup raw apple cider vinegar

1 tsp. dijon mustard

4 cloves garlic, finely minced

1/4 cup parsley, fresh, minced

Salt and pepper to taste

Place all ingredients in a jar with lid, close, and shake well until fully blended. (portion size about 2 tbsps. per serving)

Toppings: (optional)

1 avocado, diced

Toasted pumpkin seeds or sunflower seeds for a nice crunch