

Spring Salad with Green Goddess Dressing

This salad can be made with any combination of fresh fruit, nuts, or salad greens you prefer. We replaced the mayonnaise in a traditional Green Goddess dressing with heart healthy, fiber-rich avocado, making this a guilt-free, creamy dressing option for all your favorite salads!

YEILD 8 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 15 MIN
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INGREDIENTS

For the Dressing:

¼ cup	White Wine Vinegar
¼ cup	Water
½ each	Avocado
2 Tbsp	Plain Yogurt, low-fat
½ each	Lemon, zested and juiced
1 Tbsp	Honey
1 clove	Garlic
2 each	Green Onion, rough chop
¼ cup	Cilantro, fresh, rough chop
¼ tsp	Kosher Salt
To taste	Black Pepper, ground

For the Salad:

2 bunches	Kale, stems removed, rough chop (approx. 8 cups)
¼ cup	Sunflower Seeds, toasted
½ small	Red Onion, julienne
8 each	Radish, thinly sliced
2 cups	Strawberries, sliced

DIRECTIONS

For the Dressing:

1. Gather all ingredients and equipment.
2. Combine all dressing ingredients in a food processor or blender and pulse until smooth.
3. Remove the dressing from the blender and place in a small container with a lid (such as a jar). Leave the dressing on the side until serving. Leftover dressing will keep well in the refrigerator for up to 1 week.

For the Salad:

1. Place the kale in a large bowl. "Massage" the kale with your hands for 1-2 minutes to soften it. It should turn a dark green color.
2. To toast the sunflower seeds: heat a small skillet over medium-high heat and add the seeds. Stir occasionally until fragrant and brown, about 2-3 minutes. Pay close attention as they will go from golden brown to burnt very quickly.

- Top kale with sunflower seeds, red onion, radishes, and strawberries.
- Leave the dressing on the side until ready to serve. Right before serving, toss the salad with the dressing.

Nutrition Facts	
8 servings per container	
Serving size 1.5 cups dressed salad (165g)	
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 16g	6%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 2g Added Sugars	4%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 110mg	8%
Iron 1.7mg	10%
Potassium 160mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

CONTAINS: MILK

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