

# 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!*

<b>YEILD</b> <b>8 SERVINGS</b>	<b>PREP TIME</b> <b>5 MIN</b>	<b>TOTAL TIME</b> <b>15 MIN</b>
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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:*

1.5 heads	Romaine, rough chopped (approx. 8 cups)
½ small	Red Onion, julienned
½ medium	Red Bell Pepper, julienned
½ medium	English Cucumber, sliced
½ cup	Sunflower Seeds, toasted

## DIRECTIONS

### *For the Dressing:*

1. Gather all ingredients and equipment.
2. In a food processor or blender, combine all dressing ingredients and pulse until smooth.
3. Remove the dressing 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. In a large bowl, place the romaine lettuce, red onion, bell pepper or cucumber.
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. Once cooled, add the seeds to the salad.
3. 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 2 cups dressed salad (201g)**

**Amount Per Serving**

**Calories 90**

**% Daily Value\***

**Total Fat** 4.5g **6%**

Saturated Fat 0.5g **3%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 75mg **3%**

**Total Carbohydrate** 11g **4%**

Dietary Fiber 4g **14%**

Total Sugars 5g

Includes 2g Added Sugars **4%**

**Protein** 3g **6%**

Vitamin D 0mcg 0%

Calcium 60mg 4%

Iron 1.6mg 10%

Potassium 430mg 10%

\* 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.

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