Spring Salad with Green Goddess Dressing

The Goldring Center for Culinary Medicine
TULANE UNIVERSITY

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 6 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 15 MIN

INGREDIENTS

For the Dressing:

1 each	Avocado, ripe, pit and skin removed
¼ cup	White Wine Vinegar
¼ cup	Water
½ each	Lemon, zested and juiced
1 Tbsp	Honey
1 clove	Garlic
2 each	Green Onion, roughly chopped
¼ cup	Cilantro, roughly chopped
¼ tsp	Kosher Salt
To taste	Black Pepper, ground

For the Salad Assembly:

8 cups	Kale, ribs removed and cut into short ½" ribbons)
1 tsp	Extra Virgin Olive Oil
¼ cup	Sunflower Seeds, toasted
¼ each	Red Onion, thin julienne
8 each	Radish, trimmed and thinly sliced
2 cups	Strawberries, trimmed and sliced
1 cup	Edamame, shelled, defrosted

DIRECTIONS

For the Dressing:

1. Gather all ingredients and equipment. Prepare all ingredients as described above.
2. In a small/smoothie blender, combine all dressing ingredients and blend until smooth and creamy, about 45-60 seconds. Scrape the sides down in the blender, if necessary and continue to blend until well combined. You may need to add a little water to reach a smooth, pourable consistency. Remove from the blender and refrigerate in a covered container until ready to serve.

For the Salad:

1. In a large mixing bowl, combine the chopped kale and 1 tsp olive oil. Using clean hands, massage the kale until it softens and becomes dark in color, about 1-2 minutes. Transfer the massaged kale to a serving bowl.
2. To toast the sunflower seeds: heat a small skillet over medium-high heat and add the seeds. Stir occasionally until fragrant and browned, about 2-3 minutes. Pay close attention, as they will go from golden brown to burnt very quickly. Set aside to cool.

Directions Continued and Nutrition Facts Found on the Reverse Side **05.06.26**

3. Add the julienne red onion, sliced radish, sliced strawberries, defrosted edamame, and toasted sunflower seeds to the serving bowl on top of the kale. Add the dressing and toss to coat.

Nutrition Facts

6 servings per container
Serving size
1.5 cups dressed salad (262g)

Amount Per Serving

Calories	**210**
	% Daily Value*
Total Fat 10g	**13%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 125mg	**5%**
Total Carbohydrate 25g	**9%**
Dietary Fiber 7g	**25%**
Total Sugars 8g	
Includes 3g Added Sugars	**6%**
Protein 9g	**18%**
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 2.9mg	15%
Potassium 420mg	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.