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!

**YIELD**
8 SERVINGS

<table>
<thead>
<tr>
<th>PREP TIME</th>
<th>TOTAL TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 MIN</td>
<td>15 MIN</td>
</tr>
</tbody>
</table>

**INGREDIENTS**

**For the Dressing:**
- 1/4 cup White Wine Vinegar
- 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. 12 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.

3. Top kale with sunflower seeds, red onion, radishes, and strawberries.

4. Leave the dressing on the side until ready to serve. Right before serving, toss the salad with the dressing.

---

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories 100</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 servings per container</td>
<td>% Daily Value *</td>
</tr>
<tr>
<td>Serving 2 cups salad with 2 Tbsp dressing (106 g)</td>
<td></td>
</tr>
</tbody>
</table>

**Amount per serving**

- **Calories**: 100
- **Total Fat**: 6g (8%)
  - Saturated Fat: 0.5g (3%)
  - *Trans* Fat: 0g
- **Cholesterol**: 0mg (0%)
- **Sodium**: 70mg (3%)
- **Total Carbohydrate**: 11g (4%)
  - Dietary Fiber: 3g (12%)
  - Total Sugars: 5g
- **Protein**: 3g (6%)
- **Vitamin D**: 0mcg (0%)
- **Calcium**: 60mg (4%)
- **Iron**: 1mg (6%)
- **Potassium**: 300mg (6%)

*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.*

Recipe adapted from Health meets Food: Salad with Green Goddess Dressing (06/01/21)