

# 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!*

<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:*

1/4 cup	White Wine Vinegar
1/2 each	Avocado
2 Tbsp	Plain Yogurt, low-fat
1/2 each	Lemon, zested and juiced
1 Tbsp	Honey
1 clove	Garlic
2 each	Green Onion, rough chop
1/4 cup	Cilantro, fresh, rough chop
1/4 tsp	Kosher Salt
To taste	Black Pepper, ground

### *For the Salad:*

2 bunches	Kale, stems removed, rough chop (approx. 12 cups)
1/2 cup	Sunflower Seeds, toasted
1/2 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.

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving Size</b>	<b>2 cups salad with 2 Tbsp dressing (106 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
	<b>% Daily Value *</b>
<b>Total Fat 6g</b>	<b>8%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 70mg</b>	<b>3%</b>
<b>Total Carbohydrate 11g</b>	<b>4%</b>
Dietary Fiber 3g	<b>12%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein 3g</b>	<b>6%</b>
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 1mg	6%
Potassium 300mg	6%
<small>*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.</small>	

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

