

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	PREP TIME	TOTAL TIME
8 SERVINGS	5 MIN	15 MIN

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 heads	Romaine, rough chopped (approx. 12 cups)
1/2 small	Red Onion, julienned
1/2 medium	Red Bell Pepper, julienned
1/2 medium	English Cucumber, sliced
1/2 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.

- 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 salad with 2 Tbsp dressing (158 g)
Amount per serving	
Calories	100
	% Daily Value *
Total Fat 6g	8%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 9g	3%
Dietary Fiber 4g	13%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 40mg	3%
Iron 1mg	8%
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)

