

Chop-Chop Salad

4 cups zucchini diced
2 cups fresh corn off the cob (off of 4 cobs or use frozen)
6 radishes diced
4 green onions
1 small red onion (about a 1/2 cup), fine diced
1 cup kohlrabi or fresh cabbage
1 roasted red pepper, chopped (red bell pepper if raw)
1 avocado diced
6-8 roma tomatoes diced
10 leaves of basil, chiffonade
Other fresh ingredients as desired.

Dressing options:

LIME:

3/4 cup of olive oil
1 teaspoon kosher salt
1 Tablespoon sugar
juice from 3-4 limes
fresh cracked pepper (as desired)
1 Tablespoon dijon mustard

ASIAN:

Juice from 4-6 limes (2/3 to 3/4 cup)
1/2 cup sesame oil
sprinkle with sesame seeds

SOUTHWEST

Juice from 4-6 limes (2/3 to 3/4 cup)
1 cup of medium to hot blended salsa (add more of chunky salsa)
Add black beans if desired
Sprinkle with hot pepper flakes

We get our produce from: **freggies** 
ORGANIC PRODUCE DELIVERED

www.freggies.com

For more information on eating and living healthy, visit: www.hope4health.org