

# Everyday Salad

Prep Time: 15 minutes

## Everyday Salad Recipe:

2 cups leafy greens with lots of color  
1 ripe avocado (sliced side dish or chop in salad)  
1/2 cucumber - peel or not!  
1/2 bell pepper - sliced or diced  
1/2 cup shredded or chopped squash  
1 large tomato  
1 chopped or shredded carrot  
1/2 cup chopped celery  
1/4 cup green or sweet white onions  
1/8 cup raw almond - whole or chopped  
1/8 cup raw pistachios  
1 tablespoon organic dried cranberry's  
1/2 teaspoon ground flax seed

## Instructions:

Use various methods for preparing each of the items. Think about chopping, slicing, peeling or cutting something differently. This variety significantly changes the experience of the salad. Also, keep an open mind for new ingredients ideas. Delete items to your taste but remember to try them once in a while as your tastes will change. This is not only enjoyable but a healthy way to give your body a variety of nutrients. Use cheap coffee grinder to grind flax seed. Choose from a variety of dressings including fresh squeezed lemon, walnut or olive oil & rice wine vinegar or other non-dairy vegan options.

## Variations:

Good salads are made great with interesting toppings! Think cashews, raisons, coconut, fennel, dill, apple and go from there!

We get our produce from:



[www.freggies.com](http://www.freggies.com)

For more information on eating and living healthy, visit: [www.hope4health.org](http://www.hope4health.org)