



Mixed Green Salad

Mixed organic greens or baby arugula

Carrots shredded

Sprinkle of Dulse Flakes (optional for added nutrition, iodine, B6, B12)

Additional vegetables (optional cucumber, sprouts, diakon, celery)

- Mix salad in a bowl.
- Toss with dressing of choice.
- Serve.

Tip for dressing salads: Add a few tablespoons of dressing and mix with your hands, make sure they are clean. You just want the greens to have a light coating on them. Using your hands will let to feel how much dressing you need. Too much dressing makes your salad soggy. Usually 2 Tb for a side salad is enough. You can always add more.

“Warming the Salad”

I like to add this to warm up the salad in the winter. It also makes it more satisfying. I use to put warm goat cheese on my salad but now I switched to the onions.

1 small red onion thinly sliced

1 Tb olive oil

- Heat oil on low flame
- Add onions
- Sauté on low-medium stirring frequently until softened and lightly brown

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