

## Mixed Green Salad

Mixed organic greens or baby arugula

Carrots shredded, sprouts, cucumber, diakon anything you like

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

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

**Tip for dressing salads:** Be sure your greens are dry so the water doesn't dilute the dressing. After placing the ingredients in the bowl, drizzle the dressing around the edge of the bowl and then gently mix to even distribute it. Use your hands instead of tongs to toss the greens. 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.