

# Mixed Green Salad

Mixed organic greens or baby arugula

Carrots shredded, sprouts, cucumber, diakon anything you like

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

## Simple Dressing

2 servings for side salad

1 Tb apple cider vinegar

3 Tb extra virgin, cold pressed olive oil

¼- ½ tsp celtic sea salt

- Put the arugula, cucumbers and tomatoes into a bowl. Toss with the dressing.
- Grind some fresh pepper on top and 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.