

Mixed Greens with Zesty Lemon Dressing

(Serves 2)

INGREDIENTS

- Organic mixed greens (plan on 2 big handfuls per person)

There are several options when choosing a "box of greens" for your salad. Arugula is actually a member of the cabbage family! Arugula and kale mix is really healthy and tastes great!

- ¼ cup red or yellow organic sweet pepper chopped
- ¼ cup peeled and shredded organic carrot
- ¼ cup thinly sliced radish (optional)
- 1 - 2 Tbsp lemon juice (either fresh squeezed or organic jarred)
For 1 - 2 people, use 1 Tbsp lemon juice
- 2 - 4 Tbsp olive oil
For 1 - 2 people, use 2 Tbsp
- ¼ tsp - ½ tsp sea salt
- Pinch of black pepper

DIRECTIONS

Making the salad dressing in the bowl BEFORE you add the greens saves a bowl and allows you to add more salt or olive oil before the greens go in.

- In a medium mixing bowl, add lemon juice and salt. Dissolve salt in lemon juice.
- Slowly, whisk in olive oil, whisking briskly! The mixture should be completely mixed together and slightly creamy looking when done.
- Add mixed greens and toss.

OPTIONAL ADDITIONS

- Toasted walnuts or pecans
- ¼ cup canned organic beans of choice
- Chopped cucumber
- Goat feta cheese crumbled
- Avocado pieces
- Smoked salmon