



Meryl

refreshingly healthy

Green Leaf Salad with Carrot Ginger Dressing

Serves 6

Ingredients:

Salad:

- 1 head Green leaf lettuce, raw
- 1 medium Cucumber, peeled and seeded
- 2 tbsp Wakame, Seaweed, Raw/Dried

Dressing:

- 2 medium Carrot, raw, peeled
- 2 tbsp Ginger root, fresh, peeled, chopped
- 2 tbsp Shallot, fresh, chopped
- 3 tbsp Brown Rice Vinegar
- 1/4 cup Apple Cider Vinegar
- 1 1/2 tsp Shoyu, soy sauce,
- 1 tsp Toasted Sesame Oil
- 1/2 cup Grapeseed oil
- 1/8 tsp Sea salt
- Pepper

Directions:

Dressing:

Place all of the ingredients for dressing in a blender except for the salt and pepper. Process until smooth. Season with Salt and Pepper to taste.

For Salad:

Combine Lettuce, cucumber and wakame together in large bowl. Toss with dressing before serving.

Nutrient Analysis:

Calories: 199.37	Protein: 1.48 g	Carbs: 7.22 g	Total Fat: 18.96 g
Sat Fat: 1.86 g	Cholesterol: 0.00 mg	Sodium: 122.24 mg	Fiber: 1.68 g