

Herbal Legacy Recipes

Green & Crunchy Salad & Dressing

contributed by Cindy Chandler

Salad:

10 oz Spinach Leaves
10 oz Assorted Lettuce (endive, romaine, etc)
1/4-1/2 C. Sliced Almonds
1/2 C Craisins
1 C Sunflower Sprouts
1/2 C Alfalfa Sprouts
1/4 C Radish Sprouts
3/4 C. Fresh Strawberries sliced



Toss all together.

Dressing:

1/2 C Light Olive Oil
1/4 C. Apple Cider Vinegar
3 T. Raw Honey
1/4 t. Worcestershire Sauce
Dash Paprika
1 T Red Onion Chopped

Mix dressing together and chill well. Drizzle desired amount on salad when ready to serve. Especially during the summer time, I crave salads and this is one of my favorites. The dressing goes a long way. Additional vegetables could be added as well...carrots, green peppers, etc. whatever you like.

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