



Colorful Cool Salad

Salad Ingredients:

(Combine preferred Greens, such as):

Spinach

Arugula

Kale

Top with preferred toppings, such as:

1 Bell pepper (red/yellow/green) chopped

1 Cucumber – chopped

½ Ripe Avocado - chopped

1-2 Scallions – chopped (or 1/4 cup chopped Red Onion)

Handful of Parsley – chopped

Additional optional toppings to add flavor and texture:

Roasted Almonds (approx. ½ cup)

Quinoa – cooked & cooled (approx. ½ cup)

Sesame Seeds 2-3 TBSP

Raisins or Currants 2-3 TBSP

Combine all preferred ingredients in large bowl. Mix together in separate small bowl your favorite dressing. Top prepared salad and toss to coat. Serve immediately.