



This simple green salad can serve as a base for endless variations. Pepitas add a nice crunch, while avocado brings a creamy element. It holds well for the next day—just keep the dressing separate until ready to serve.

SALAD INGREDIENTS

- About ½ of 5 oz tub of Prewashed mixed greens (arugula, spinach, or baby kale work well too)
- 6-inch piece English cucumber, sliced (no need to be exact)
- ¼ cup Shaved or roughly shredded Pecorino Romano (or Parmesan)
- 2 Tbsp Pepitas (pumpkin seeds)
- 1 Avocado, sliced

LEMON VINAIGRETTE INGREDIENTS

- 1 Tbsp Fresh lemon juice
- 1 Tbsp Extra virgin olive oil
- 1 tsp Dijon mustard
- ½ tsp Garlic powder
- Pinch Pink Himalayan salt, black pepper, and dried herbs (thyme or oregano work well)

INSTRUCTIONS

1. Tear (or use kitchen scissors to cut) the greens into bite-sized pieces and place in a large bowl.
2. Prepare the dressing by whisking in a small bowl or shaking in a sealed jar until well combined.
3. Divide the salad into two portions and store the dressing separately.
4. Toss with dressing just before serving.

Tip: Make it Greek by adding feta cheese, Kalamata olives, and thinly sliced red onion

Nutrition (Based on 2000kcal)

294kcal/serving | **Macros:** Net Carbs 6.7 g, Protein 9.0 g, Fat 24.8 g (5.0 g saturated)

Good source (10-19% DV): B1 (thiamin), B3 (niacin), Calcium, Selenium.

Excellent source (>20% DV): Fiber, Omega-3, B2 (riboflavin), B5 (pantothenic acid), B6 (pyridoxine), Folate, Vitamin A, Vitamin C, Vitamin E, Vitamin K, Copper, Iron, Magnesium, Manganese, Phosphorus, Potassium, Sodium, Zinc.