

Green Salad (With Tahini Garlic Dressing)

This salad goes great with "Tahini Garlic Dressing." Look it up under dressings and mark it as a favourite because it will be once you have tried it.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 10 mins

Cooking time: 0 mins

Category: Salads and dressings

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Raw



Ingredients

Lettuce, romaine or cos	1 head
Cucumber, raw, without peel	1 medium
Onion, white, yellow or red, raw	1 small
Avocado, black skin (hass)	1 each
Snow peas (edible pea pods), raw	8 pod
Organic raw pumpkin seeds	2 x 3 tbsp
Mung bean sprouts, raw	0.5 cup

Instructions

Slice, cut, chop all items as desired and add to a large bowl. Mung bean sprouts are optional. Goes really well with "Tahini Garlic Dressing."

Add the dressing per plate rather than to the entire salad. Store dressing and salad separately in the refrigerator for up to 3 days. If you are planning to store the salad for more than 2 days add onions to individual plates rather than to the entire salad.