

# Kale, Radicchio, Romaine And Rose Salad Mix With No Oil Dill Dressing

This salad is a great mix of different greens. The greens can easily be substituted for others such as chard, dandelion or spinach. The picture has sides of carrots, broccoli and asparagus but they are not part of this salad recipe.

## Categories

Gluten-free

Yields: 4 servings

Preparation time: 10 mins

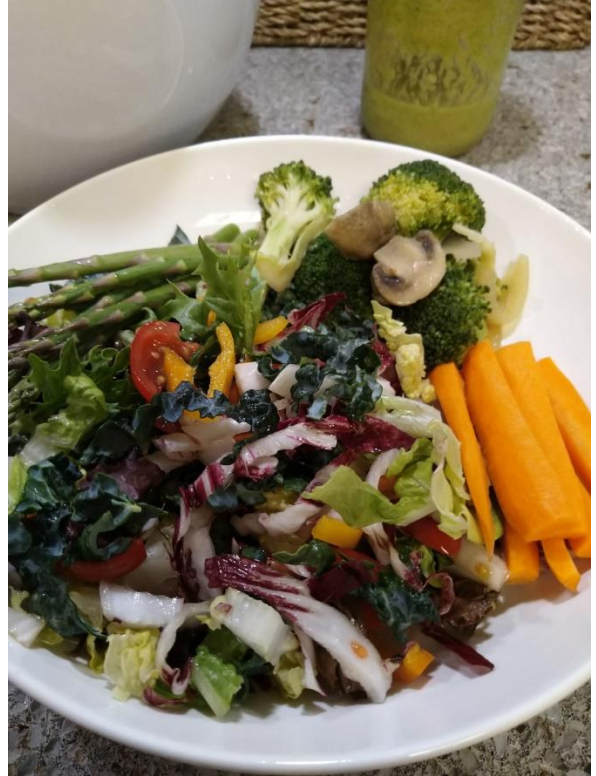
Cooking time: 0 mins

Category: Salads and dressings

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Raw



## Ingredients

Kale, raw	2 cup
Lettuce, romaine or cos	2 cup
Mixed salad greens (raw)	16 ounce
Radicchio, raw	1 cup
Red bell peppers, raw	1 medium - 2 1/2" diameter x 2 3/4"
Tomato raw (includes cherry, grape, roma)	1 cup
Cucumber, raw, without peel	1 medium
Dill weed, fresh	0.5 teaspoon
Lemon juice, fresh	1 tablespoon
Garlic, fresh	1 clove
Salt, sea salt	0.5 teaspoon
Black pepper, ground	0.5 teaspoon

## Instructions

I like to make a large salad so it lasts for days. The vegetable measurements need not be precise. Cut enough of each of the salad greens and radicchio to fill a large bowl.

1. In a large bowl add sliced salad greens, sliced radicchio, sliced red pepper and sliced tomato.
2. To make the dressing, in a blender add cucumber, chopped dill, lemon juice, sliced garlic, salt and pepper and blend until smooth. Taste to see if it needs more lemon juice or salt.

Place salad in serving dishes and add dressing.