



FARMERS MARKET

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Get Your Greens Salad

Serves 4

Ingredients

For the Salad:

4 cups packed spinach, baby kale, or a mix

1/2 cup shelled pistachios

1 cup chopped broccoli florets, cut into small, bite-sized pieces

1 cup shelled and cooked edamame

1 medium cucumber, sliced

1 large avocado, sliced

For the Creamy Avocado Dressing:

1 avocado

1 clove garlic, minced

1/2 tablespoon fresh lemon juice

3 tablespoons olive oil

Water

Salt and black pepper, to taste

Directions:

In a large bowl, combine spinach/kale, pistachios, broccoli, edamame, cucumber, and avocado. Drizzle salad with your choice of dressing. If you want to go green all the way, sever with Creamy Avocado Dressing. Recipe is below.

For the Creamy Avocado Dressing:

In a blender, add the minced garlic, avocado, lemon juice, and olive oil. Process until smooth, stopping to scrape down the sides a few times. If the dressing is too thick, you can add a little water until you reach the desired consistency. Season with salt and black pepper, to taste. Serve with salad! The dressing will keep in the fridge for about a week.

Credit: twopeasandtheirpod.com