

Spring Herb Salad with Citrus Oregano Dressing

Serving Size: 4

Ingredients:

Salad:

- ~5 oz baby romaine (or other mild leaf)
- ~1 oz arugula
- 4 green onions
- 1 medium carrot, grated
- 8 small radishes, trimmed/sliced or quartered
- ~1 cup rough chopped fresh flat leaf parsley
- ~1/2 cup rough chopped fresh basil



Dressing:

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|-----------------------------|------------------------------------|
| 2 oranges, juiced | 2 tsp finely chopped fresh oregano |
| 1 lemon, zest and juiced | 1 clove garlic, minced |
| 1/2 cup EVOO | 3/4 tsp sea salt |
| 2 tbsps apple cider vinegar | dash of pepper |

Directions:

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1. Toss salad ingredients in a large serving bowl and set aside.
2. Whisk all dressing ingredients in a medium bowl until well combined. May also use a blender or immersion blender to emulsify the dressing.
3. Divide salad amongst 4 plates. Shake dressing and drizzle each salad with about 2 thumbs worth.

To make this a complete meal, add healthful fats and a quality source of protein.

Possible options:

Fats: avocado, almond slices, pine nuts, sunflower seeds, chopped walnuts

Proteins: grilled or roasted chicken, steak, wild salmon, hard boiled or poached eggs.