

Summer Soul Chopped Salad



We love salad around here. A lot of our meals are soups (heavy or light, depending on the season) and salad. We most certainly do indulge, but tend to practice the 80/20 rule - 20% of the time we have some fun and experience not-so-“healthy” cuisine, and then 80% of the time we have our nose to the grindstone, whipping up fun, healthy creative meals. SO, this salad, when I conjured it up, because it is super fun, became a staple immediately. It is super fresh, light, however wonderfully hearty and filling. It is definitely a meal all by itself.

Ingredients:

- Large head of Romaine Lettuce
- 15 oz. can Cannellini Beans, rinsed and drained
- 1 large Yellow Bell Pepper
- 1 ½ cup Grape Tomatoes
- 1 cup cut Fresh Green Beans - ends snipped and cut into 1 inch pieces
- 1 to 1 ½ cup Cucumber
- 6 Green Onions

Dressing:

- ½ cup fresh Dill, chopped OR 2 heaping tbsp of dried Dill
- 1 large ripe Avocado
- ½ fresh Lemon Juice, more to taste
- 1 large Garlic Clove
- ¼ to ½ cup Olive Oil (eyeball it)
- a small SPLASH of Apple Cider Vinegar
- ¼ tsp. Sea Salt
- ¼ tsp. Black Pepper

** adjust any of these ingredients to taste

Directions:

Make the dressing: puree all ingredients in a food processor until smooth. Taste and adjust seasonings if necessary. Finely chop romaine, bell pepper, tomatoes, green beans, cucumber and green onions. Place all salad ingredients in a large bowl.

*If serving individual salads, take around 2 cups of chopped salad mixture and place into a small mixing bowl and then add 2-3 tablespoons of the dressing – mix well (give or take the amount to taste) stir to combine and serve on individual plates.

*If serving as one big, chopped salad (say at a get together) combine the chopped salad mixture and dressing into a serving bowl, then serve as desired/needed. TIP: Keeping the chopped salad mixture and dressing mixture separate is key if it is just an intimate dinner for two, so storing the extra salad in fridge overnight can stay fresh, so it doesn't get soggy if combined. Making fresh dressing for a second day of salad delight is advised. You may have leftover dressing, but it is delicious with other things, i.e. as a dip with crackers, breads or veggies.

ONCE SERVED, SALT AND PEPPER TO TASTE.