

Tangy and Sweet Salad

Cooking Instructions

1. Make your dressing. Grab a small sealable container like a jar and add ingredients through salt and pepper. Put on lid and shake vigorously until ingredients are fully incorporated. Adjust to taste.
2. Cut all vegetables and the avocado.
3. Drain and rinse beans.
4. Grab a large bowl or container that has a lid. Add all the greens, cut vegetables and dressing. Leave the avocado, seeds and beans out for now. Once everything is in put the lid on and lightly shake to thoroughly mix ingredients together and coat everything evenly with dressing.
5. Transfer now dressed greens and vegetables from the container onto serving plates or bowls then top with desired amount of avocado, sunflower seeds, beans and other optional toppings. Enjoy!

Recipe

- 2 Tbsp olive oil
- 2 Tbsp apple cider vinegar
- 1 Tbsp dijon mustard
- ½ Tbsp maple syrup
- Salt and pepper to taste
- 4-5 cups tightly packed mixed salad greens
- ½ red onion diced
- 1 red pepper chopped
- 1 cucumber chopped
- 1 cup shredded or chopped carrots
- 1 avocado diced
- 2-4 Tbsp sunflower seeds
- 1 15oz can pinto beans (substitute another protein source if desired)
- Optional Toppings – cheese, olives, croutons, etc.

Grocery List (add optional toppings to list as desired)

Produce

- 1 red onion
- 1 avocado
- 1 large container of mixed greens
- 1 red pepper
- 1 small bag shredded carrots
- 1 cucumber
- Shelled toasted sunflower seeds

Grocery Aisles

- Olive oil
- Apple cider vinegar
- Dijon mustard
- Maple syrup
- 1 15oz can pinto beans

Spices

- salt
- pepper

Optional

- Shredded cheese
- Olives
- Croutons