



Mixed Green Salad

with Green Goddess Dressing & Spiced Almonds

Ingredients:

For the Salad

Whole cherry tomatoes	28
Raw napa cabbage	2 cups
Julienned vegetables	2 cups
(Mix of zucchini, squash, peppers or whatever veggies you have on hand)	

For the Spiced Almonds

Almonds, Roasted	½ cup
Chili Powder	1 tsp.
Cayenne	1 tsp.
Sugar	1 tsp.
Salt	1 tsp.

For the Green Goddess Dressing

(Makes 16 oz. or 2 cups)

Fresh Cilantro, chopped	¼ bunch
Fresh Parsley, chopped	¼ bunch
Fresh Oregano, chopped	3 sprigs
Fresh Fennel bulb, chopped	¼ bulb
Jalapeno, seeded	¼ tsp.
Shallots, chopped	¼ tsp.
Rice Wine Vinegar	2 tbsp.
Low Fat Buttermilk	1 ½ cups
Fat-Free Mayonnaise	1 ½ tbsp.

Preparation:

Prepare the Salad: Wash and chop cabbage. Julienne, or cut zucchini, squash and peppers into long thin strips similar to match sticks. Add whole cherry tomatoes.

Prepare the Green Goddess Dressing: Puree first seven ingredients in a food processor. At slower speed add buttermilk. Mix puree with mayonnaise.

Prepare the Almond Spice: Mix the spices. Sprinkle over roasted almonds.

Toss salad with ¾ cup dressing in a large mixing bowl and sprinkle almonds on top.

Serves 4.

This Mixed Green Salad has a Southern twist with its spiced almonds and julienne vegetables. A great addition to this salad would be poached shrimp or oven baked chicken.

Nutrition per serving: 160 calories, 9.6 g fat (1 g sat fat), 15.6 g carb, 6 g protein, 4 mg cholesterol, 322 mg sodium



Recipe Makeover

We reduced the saturated fat and the percentage of calories from fat in the original recipe by using fat-free mayonnaise and low-fat buttermilk.

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