



## **Best Tossed Salad**

We have this salad with our dinner daily. I have been told by many people that it's the best salad. To save time I usually make enough for two days and as long as you don't add the tomatoes until you serve it keeps very well.

**Serves 4**

### **Ingredients**

- 10 cups mixture of lettuces: for convenience you can use mixed baby greens, baby romaine, spinach or I will also use red leaf, green leaf, Boston lettuces with the mesculin mixture. I like a lot of variety of lettuces for taste and textures.
- 3 small pickling cucumber thinly sliced
- ½ red pepper, large dice
- ½ Onion large dice
- 4 Cremini mushrooms, cleaned with vegetable brush and sliced thin
- 4 Tablespoons diakon radish shredded
- 4 slices Jicama
- 4 heaping tablespoons shredded carrot salad (see recipe)
- 1 Avocado, diced
- 4 teaspoons Munch mix (blend of adzuki, lentil and green pea sprouts)
- 2 sheet of toasted Nori (seaweed) crumbled
- 1 large tomato
- 12 Pitted Greek olives
- ¼ cup Beans (Garbanzo or your favorite)

Wash and dry lettuce well. Add cucumber slices, red pepper, onion, mushroom, diakon, carrot, and avocado and munch mix on top. Right before serving, add tomato and Nori. Top with Balsamic Vinaigrette (Recipe on following page).



## **Balsamic Vinaigrette**

This is one of my favorite vinaigrettes; I find uses for it many times during the week. It's a classic and sure to become one of your favorites, too. Use the highest-quality olive oil and low-acid balsamic vinegar (6 percent or lower) for the best flavor. I usually buy olive oil and vinegar at Trader Joe's.

**Makes about 1 cup**

### **Ingredients**

- $\frac{3}{4}$  cup extra-virgin olive oil
- $\frac{1}{4}$  cup balsamic vinegar
- $\frac{1}{4}$  cup chopped flat-leaf parsley
- 1 teaspoon Herbamare or sea salt and pepper
- 1 garlic clove, crushed

1. In a small glass or ceramic bowl, whisk together the olive oil and vinegar. Add the parsley, Herbamare, and garlic. Whisk again, taste, and adjust the seasoning.
2. Store in a lidded container in the refrigerator for up to two weeks. Whisk before using.

**Per 2 tablespoons:** 1 gram carbohydrates, 0 grams protein, 17.5 grams fat

To serve this as a Zone Perfect entrée, add cooked fish, chicken, turkey, crabmeat or another protein source and serve with 1 slice whole grain bread and finish meal with a dish of blueberries.