



Green Goddess Salad

Enjoy this radiant bowl of greens as a refreshing tribute to the longest, sunniest day of the year, June 21, the summer solstice.

6 Servings. Nutritional Information per 1/6th of recipe:
Calories: 154 | Carbs: 10g | Fat: 11g | Protein: 6g | Sugar: 2g

Equipment:

Food processor
Knife & chopping board
Spatula
Small and large bowl

Ingredients:

½ medium green cabbage
1 large English cucumber
1 bunch green onions (7-8)

For the dressing:

1 ripe avocado
1 cup fresh basil leaves
1 cup baby spinach leaves
1 shallot, peeled
3 garlic cloves
⅓ cup walnuts
¼ cup olive oil
½ cup grated Parmesan cheese
2 lemons juiced
2 tbsp rice vinegar
1 tsp sea salt

Instructions:

Dressing:

1. Place all dressing ingredients into a food processor, and purée until smooth.
2. Stir with a spatula, and purée once more.
3. Transfer to a bowl and set aside.

Salad:

1. Remove the cabbage core, and chop the cabbage as thinly as possible. Dice the cucumber into small pieces. Slice the green onions very thinly.
2. Transfer to a large bowl, add dressing and mix very well.
3. Chill in the fridge for 30 minutes before serving.
4. Stir well right before eating.

**Serve with your favourite corn tortilla chips or fresh veggies.
It's easily customizable – try adding grilled chicken!**

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