



Recipes

Leafy Greens

Creamy Romaine Salad

Prep Time: 15 minutes

Yield: 4 servings

Ingredients:

- 2 medium heads romaine lettuce, outer leaves discarded
- 1 bunch young dandelion greens, if available
- 1 medium tomato cut into eighths

Dressing:

- 3 tablespoon chopped fresh basil
- 3 medium cloves garlic, pressed
- 1 tablespoon prepared Dijon mustard
- 1 tablespoon honey
- 1/2 teaspoon salt
- 1/2 teaspoon cracked black pepper
- 4 tablespoon fresh lemon juice
- 1/4 cup sunflower seeds
- 4 oz silken tofu
- 2 tablespoon extra virgin olive oil
- *a little water to thin if needed

Directions:

1. Blend all dressing ingredients in blender adding olive oil a little at a time at end.
2. Chop, rinse, and dry romaine lettuce and dandelion greens. If you have a salad spinner it is best. If not, pat rinsed greens with paper towels so dressing doesn't get diluted.
3. Toss greens with tomato and desired amount of dressing.