



Recipes

Salads

Big Summer Mix Salad

Prep Time: 10 minutes

Cook Time: none

Yield: 2 servings

Ingredients:

½ bunch spinach (or any favorite greens)
10 garlic stuffed green olives
½ cup raw cashews
½ small yellow onion
½ red bell pepper
½ jalapeno pepper
½ cucumber

Dressing:

2 tablespoons tahini
Juice of 1 lime
2 pinches cayenne pepper

Directions:

1. Wash and dry all veggies.
2. Finely chop all veggies, olives and nuts and place in a large bowl.
3. Mix dressing ingredients together with a fork in a small bowl.
4. Add dressing to vegetables, toss well and enjoy.