



Layered Salad & Healthy Avocado Dressing Recipes





Layered Salad Recipe

Ingredients

- 1 Jar with lid
- Dry, crispy greens
- Foods to marinate- meat
- Buffer- like carrots, onions (the layer between the greens and dressing)
- Nuts, dried fruit, or other toppings

Directions

1. Start by adding or mixing a dressing in the bottom of the container. Try to use one with a healthy oil.
2. Next add something that needs to be marinated. Cucumbers, beans, baked chicken, tofu, tomatoes.
3. Continue to layer, cheese, meat, other vegetables, fruits,
4. Layer crispy greens that need to be kept separate from dressing, lettuce, spinach, arugula. Make sure they are very dry.
5. Last add dried fruits, nuts, and other crunchies. If not eating today, wait to add these items until closer to meal time.
6. put a lid on and store upright in the fridge 3-4 days.
7. shake well, pour onto a plate and eat!





Healthy Avocado Dressing Recipe

Ingredients

- 1 ripe avocado
- 1 tablespoon Dijon mustard
- 1/2 –1 cup water
- Handful of fresh cilantro
- 1 tablespoon olive oil
- Juice of 1 lime
- 1 jalapeno pepper —seeded
- Salt to taste



Directions

1. Whirl ingredients in a blender or food processor.
2. Refrigerate and use within 4-5 days.

