

Super Antioxidant Salmon Salad

Ingredients

6 c. mixed spring greens
1 c. chopped broccoli
1 c. chopped cauliflower
1 c. clover sprouts
1 c. shredded carrots
1 c. halved tomatoes
1 c. chopped green onion
1 c. red cabbage
1 c. diced zucchini or yellow squash
1/2 avocado sliced
1 c. pumpkin seeds
1 lb. flaked cooked wild salmon

Preparation

Combine all ingredients in any way you desire. Top with salmon and dress.

Dressing

Ingredients

1 c. olive oil
½ c. organic balsamic vinegar
1 onion
2T. sucanat or raw sugar or 1/4 t. stevia
1T. Italian spices
3 cloves garlic
1 t. celery seed
1 t. seasoned salt (no MSG)
1 t. pepper

Preparation

Blend all ingredients in a blender until smooth.