TIK TOK'S FAMOUS GREEN GODDESS SALAD



INGREDIENTS

For the Salad Base:

- 1 small head green cabbage (or iceberg lettuce), finely diced (or buy already pre-chopped)
- 3-4 cucumbers, finely diced
- 1/4 cup chives, finely diced

For the Green Goddess Dressing:

- Juice of 2 lemons
- 1/4 cup olive oil
- 2 tablespoons rice vinegar
- 2 cloves garlic
- 1 small shallot
- 1/3 cup chives (optional)
- 1/4 cup walnuts, cashews, or nut of choice
- 1 cup fresh torn basil leaves
- 1 cup fresh spinach
- 1/3 cup nutritional yeast
- 1 teaspoon salt

NUTRITION PER SERVING:

- Calories 128 | Carbs 13g
- Fiber 5g | Sugar 4g
- Protein 6g | Fat 7g
- Sat Fat 1g | Sodium 258mg

DIRECTIONS:

- Combine your finely diced cabbage, cucumbers, and chives in a large bowl.
- Add all dressing ingredients to a blender, and blend until you have a smooth dressing.
- Pour dressing over salad and mix well.
- Serve your salad with tortilla chips, pita chips, or eat as is!

Makes 8 servings.

Reference: https://GreenMatters.com