

Recipe Card



Triple "A" Salad (Avocado, Arame, and Almonds)

Recipe adapted from the Cookus Interruptus blog: <http://www.cookusinterruptus.com/triple-a-salad-4136-267.html>

Yield: 4 servings

Salad Ingredients:

¼ cup raw almonds
4 cups salad greens
1/8 cup arame, soaked in 1 cup water
1 ripe avocado, peeled and pitted

Dressing Ingredients:

3 Tablespoons toasted sesame oil
3 Tablespoons brown rice vinegar
2 Tablespoons maple syrup, brown rice syrup or honey
2 teaspoons Dijon mustard
½ teaspoon sea salt
2 teaspoons poppy seeds

Directions:

1. Preheat oven to 350 degrees F. Roast almonds on a sheetpan for 7-10 minutes, or until fragrant. Coarsely chop and set aside.
2. Wash salad greens, spin or pat dry.
3. Drain arame and add to the greens.
4. Combine all the dressing ingredients with a whisk or fork until incorporated in a large bowl.
5. Add greens and arame. Toss to combine just before serving. Slice avocado and gently fold into salad. Garnish with almonds.

Class recipes can be found at <http://www.healthiestbest.com/quick-and-healthy-meals>