

Fresh Broccoli & Spinach Salad

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I decided we needed more green with our lunch the other day. Here is our brainstorm Broccoli & Spinach salad that was really tasty.

Take about 3 cups of fresh spinach, wash well and cut up for salad.

Take 1 head of broccoli (about 2-3 c. chopped up) and dunk the whole head into boiling water for 30 seconds. Then plunge it into cold water. This blanching will give just a little tenderness and releases more beta-carotene. Chop broccoli into florettes and add to spinach.

Add a couple of chopped green onions, 1/4 c. chopped green or black olives and 1 chopped Roma tomato.

For the dressing take about 1/4 soy mayonnaise and stir in:

juice of one lemon

1/2 t. organic cane crystals

1/4 t. basil

1 clove garlic, pressed

1/2 t. salt

Taste, it may need a little more sweetener. Or you could use one of the dressings from *Vegan Homestyle*. Just before serving toss the salad with the dressing and top with a handful of toasted chopped walnuts. Delicious. With some crusty whole grain bread, it could be a meal.

blessings,

Kay Hansen