

HOT & COLD SALAD RECIPE

SERVES 1-2

INGREDIENTS

FOR SALAD:

- 3 cups *lettuce (green leaf, red leaf, romaine, etc, about 8-10 leaves), chopped small*
- 1 cup *kale, chopped small (about 1 stalk, stem removed and discarded)*
- 2 cups *pre-prepared, pre-warmed steamed veggies (see note below if needed for prep instructions)*
- $\frac{1}{4}$ *raw red onion, chopped*
- 6 *sugar snap peas chopped*
- $\frac{1}{2}$ *cup cooked low- no sodium black beans*
- $\frac{1}{2}$ *lime, juiced*



CHERI'S HUMMUS DRESSING RECIPE

INGREDIENTS

- *½ cup no-oil, low-sodium store-bought hummus (or see directions below for homemade)*
- *1 tablespoon almond butter*
- *¼-½ cup no- or low-sodium tomato sauce*



DIRECTIONS

In a small bowl, add the dressing ingredients and mix with a fork to combine.

In a large mixing bowl, add the salad ingredients and top with dressing.

Mix to combine and serve. Triple the dressing ingredients OR make it for 3 days in a row.

Serve with 1 PIECE OF FRUIT.