

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)
- ¼ raw red onion, chopped
- 6 sugar snap peas chopped
- ½ cup cooked low- no sodium black beans
- ½ lime, juiced



CHERI'S HUMMUS DRESSING RECIPE

INGREDIENTS

- *1/3 cup no-oil, low-sodium store-bought hummus (or see directions below for homemade)*
- *1 tablespoon almond butter*
- *1/4-1/2 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.