



RAW SWISS CHARD SALAD

Salad Instructions:

Mash 1 avocado

1 head of ribbon-cut Swiss chard, dice stems

1 large head or 2 small of ribbon-cut bok choy or any local Asian green

Mix avocado, chard and bok choy until leaves are well-coated

Toss the following ingredients into avocado mixture:

1 cup fresh peas, cut into 1-inch pieces (leave in the pod) or any local pea

1 cup, fresh green beans, cut into 2-inch pieces or any local bean

1/4 – 1/2 cups Hatch chile pepper (local, diced if hot, chopped if sweet)

1 large carrot, sliced

1 large turnip, small-cubed

1 small zucchini, julienned

1 small cucumber, sliced

2 cup raw pecans chopped or any local nut

1/2 cup cherries (or any local fruit)

1/2 cup apricots (or any local fruit)

1/4 cup fresh dill, finely chopped

1/4 cup fresh basil, julienned

Dressing Instructions:

Mix in a blender and pour over salad

1/3 cup extra virgin olive oil

1/2 cup fresh lemon juice

1/4 cup wheat-free tamari

3 tb honey

4 clove garlic (heart removed)

1/4 tsp freshly ground pepper

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