

# Simple Holiday Salad

Ingredients (serves 6-8):

## Salad:

- 2 bunches of romaine lettuce, shredded
- 1 small/medium green or purple cabbage, outer leaves removed, shredded
- 1 cup slivered almonds (can also use chopped pecans or shelled pistachios)
- ½ - ¾ cup dried cranberries (no added sugar); note: can swap for chopped apples if avoiding dried fruit
- 2 small avocados, peeled, pit removed and chopped
- Optional: 1 cup crumbled goat cheese, feta cheese or gorgonzola (skip to keep dairy-free; or can also add 1 cup quinoa)

## Dressing:

- 2 tablespoons apple cider vinegar
- 4 tablespoons extra-virgin olive oil
- 2 teaspoons dijon mustard
- 1 garlic clove, minced
- 1 tablespoon raw honey or maple syrup
- Pinch of sea salt, pepper and turmeric
- About 1 tablespoon water to thin, if needed

Instructions:

1. Prepare salad dressing by whisking dressing ingredients together (or mixing in blender or food processor).
2. Finely shred cabbage and romaine. You can use a large food processor with a shredding disk, or a mandolin slicer, or finely chop by hand using a sharp knife. (Option to also buy cabbage already shredded).
3. In a large bowl, toss all salad ingredients together, then toss your desired amount of dressing. Note: add avocado and dressing only 10-15 minutes before serving.

