



Glorious Greens Salad with Pineapple-Jalapeño Dressing

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(Serves 4. Vegan Option, Gluten-free Option, Raw)

Ingredients

Salad:

- 4 cups fresh organic spinach
- 1 medium or 2/3 large cucumber
- 1/4 white or purple onion
- 1/4 bunch fresh parsley leaves
- 1/4 bunch fresh mint leaves

Dressing:

- 3 cloves garlic, crushed
- 1/2 cup frozen pineapple, melted slightly
- 1/2 large or 1 small green jalapeño
- 1/3 cup apple cider vinegar
- 1/4 cup olive oil
- 1/4 cup water
- Fresh ground black pepper and salt to taste



Preparation

Roughly chop washed spinach. Slice cucumber in "dollars", then quarter. Slice onion thinly or chop into fine diced pieces. Finely chop parsley and mint (but if serving later, wait to chop the mint to preserve the green colour). Toss all ingredients together, and prepare optional toppings if adding to this salad.

In a blender, combine remaining ingredients: crushed garlic, jalapeño, pineapple, ACV, vinegar, olive oil, and water. Blend well - leave out some of the jalapeño seeds if you prefer less spice. Chill dressing 1 hour if desired, or overnight, to help the flavours more richly blend together.

Optional toppings per serving: 1/4 avocado per bowl, 1 tbsp toasted pumpkin seeds or hemp hearts, 1 cup roasted or rinsed canned chickpeas, 2/3 cup cubed roasted or boiled potatoes or sweet potatoes, 1/2 cup roasted or boiled butternut squash