



Nana's Garden Salad

Lettuce Base

- (3) hearts of romaine
- 1 head Boston Bibb lettuce
- 1 head radicchio
- 1 cup spring mix

Tip: Choose 3–4 types of lettuce you love. Make sure at least one is crunchy (like iceberg, cabbage, or romaine) — every great salad needs that crisp bite!

Prep Tip:

Wash all lettuce thoroughly. Lay out each leaf on paper towels, roll it up like a Swiss cake roll, wrap it in a clean kitchen towel, and chill in the fridge for at least 30 minutes (longer is even better). This helps the greens stay fresh and crisp.

Veggies

- 2 carrots, chopped
- ½ English cucumber, chopped
- 1 red bell pepper, chopped
- ½ red onion, thinly sliced
- Cherry tomatoes, to your liking
- 1 ripe avocado, sliced or cubed

Dressing (Shake it up in a mason jar!)

- Juice of 2 lemons
- ⅓ cup extra virgin olive oil (equal parts lemon juice & EVOO)
- 3 cloves garlic, minced
- 1 tbsp Dijon mustard
- 1 tsp pink Himalayan salt
- Fresh ground black pepper, to taste

To Assemble:

1. After chilling, chop the lettuce into bite-sized pieces and add to a large salad bowl.
2. Add all chopped veggies (except the avocado) and toss to combine.
3. Gently add the avocado and freshly grated Parmesan cheese.
4. Start with about ¼ cup of the dressing and toss well, adding more as needed. Don't overdress!
5. Optional: Add your favorite protein or grain (grilled chicken, salmon, chickpeas, quinoa, etc.) to make it a complete meal.