

Christa's Favorite Summer Salad and Nutritious Herbal Vinaigrette

By Christa Sinadinos

Nutritious Herbal Vinaigrette

Combine the following ingredients in a jar and shake. Allow the ingredients to sit for one half hour before serving. Always shake before using.

1 cup herbal infused vinegar (Nettles vinegar or any vinegar infused with Mediterranean herbs, such as thyme, oregano, sage, savory, or tarragon)

1 cup olive oil (plain olive oil or an infused culinary herbal oil)

3 Tbs. balsamic vinegar

3 Tbs. agave nectar or honey

1 tsp. each of onion powder and garlic powder

1 tsp. each of ground basil, thyme, oregano

½ tsp. of salt

Fresh ground pepper

Christa's Favorite Summer Salad

This vibrant salad is packed with vitamins and minerals. Clean the following vegetables first, then prepare and combine them in a large bowl.

Lettuce greens (Two medium heads or one large head)

1 cucumber, medium to large size (peeled and chopped)

2 celery stalks, slice thinly

1-2 grated carrots (one large carrot or two medium carrots)

1 peeled and grated yellow beet (small to medium size)

½ of a red pepper (chopped into bite size pieces)

¼ cup (or a sprinkling) of dried currents

¼ cup of pumpkin seeds

Blue cheese crumbles

Toss the ingredients together with the *Nutritious Herbal Vinaigrette*.

Place the salad into bowls. Sprinkle with blue cheese crumbles or goat chevre and then add freshly ground pepper. Optional: for extra minerals add freshly chopped parsley, dulse flakes, or a seaweed sprinkle (see the *nutritious herbal recipes page*).