

Kaela's Favorite Salad - GF, SF, CF, VEG

Ingredients:

1 handful fresh parsley chopped
1 handful fresh cilantro chopped
1 medium jicama bulb peeled and sliced into thick matchsticks (you may substitute a green apple if jicama is not available)
1 bunch red or pinks radishes halved and sliced
½ small red onion thinly sliced
juice and zest of 1 lime plus juice of one more lime
salt
1/4th cup toasted pumpkin seeds

Directions:

In a large bowl combine chopped herbs with sliced onion and radishes.
Cut off top and bottom of jicama and slice off brown rind just as you would slice off the skin of a grapefruit or apple. Cut into large matchsticks and add to the bowl.
Zest the rind of one lime and add the juices of both limes to the bowl and toss everything to combine.
Sprinkle with salt and set in the fridge to chill for 10 minutes.
Top with my Classic Dressing recipe and pumpkin seeds and serve.

Variation: For a Mexican flare serve this dish topped with black beans (soaked overnight and cooked) and simple oven roasted chicken rubbed with cumin and salt.

Submitted by: Kaela 08/09