



Rooftop Garden Salad with Green Goddess Dressing

Green Goddess Dressing

Ingredients:

- ½ cup Red Wine Vinegar
- 1 cup Extra Virgin Olive Oil
- ½ cup Great Northern Beans, Canned, Drained
- 1 Lemon, Zested and Juiced (chop Zest)
- ¼ cup Water
- 1 Tbsp Powdered Harvest Vegetable Base
- 2 Tbsp Honey
- 1 tsp Oregano, Dried
- ½ tsp Black Pepper
- 1 ½ oz Shallot, Fresh, cut in quarters
- ¼ bunch Italian Flat leaf Parsley, Chopped
- ¼ bunch Fresh Basil, Chopped
- 1 Tbsp Dijon Mustard
- 1 tsp Dried Tarragon
- 1 tsp Dried Dill Weed
- 1 Tbsp Sherry Vinegar

Directions:

Add all ingredients to blender except for extra virgin olive oil, dried herbs and fresh herbs. Mix on high speed until smooth. Add olive oil in a thin stream until all is incorporated. Add dried and fresh herbs and mix for 10-15 more seconds. One portion is 1 oz.

Rooftop Garden Salad

Ingredients:

- 3 ½ oz Mixed Greens, Seasonal, of any Kind
- 4 Cucumber Slices, 4 slices per serving
- 1 oz Tomatoes, Fresh, cut bite sized
- 2 Tbsp Purple Cabbage, Sliced Thin
- 2 Tbsp Shredded Carrots
- 1 oz Green Goddess Dressing (see recipe)

Directions:

Prepare a variety of fresh, local and seasonal ingredients for the Rooftop Garden Salad. Use the weights and measure in the recipe for accuracy in portion size. Top with 1 oz. of Green Goddess Dressing.

Nutrition Facts

Serving Size: 1 Salad with Dressing

Amount Per Serving	
Calories 170	Cal. from Fat 100
% Daily Value*	
Total Fat 12g	20%
Saturated Fat 1.5g	8%
Trans Fats 0g	
Cholesterol 0 mg	0%
Sodium 105mg	4%
Total Carbohydrate 16g	4%
Dietary Fiber 5g	20%
Sugars 8g	
Protein 3g	

Vitamin A 300%	Vitamin C 30%
Calcium 6%	Iron 8%

*Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

