

Gut-Friendly Chopped Veggie Salad

Author: Brenna, Certified H.H.P. from Optimized Health Team

Serving: 1

Prep & Cook Time: About 5 minutes

Ingredients:

- 3-4 cups Organic Lettuce (mix of Red leaf, Green leaf, & Romain) chopped into bite-sized pieces
- 1 large Organic Cucumber, sliced (peeled & de-seeded)
- 2 Tablespoons Organic Cilantro, Chopped
- 1 Tablespoon Sliced Green Onions, Optional
- 1 Tablespoon Organic Shredded Carrots
- 3 Large Organic Radishes, ends removed, halved and sliced
- 1/2 large Avocado, Chopped (sprinkle w/ salt & pepper)
- Sprinkle Bragg's Nutritional Yeast
- 3+ Tablespoons Salad Dressing of Choice

Instructions:

1. Rinse and chop all veggies.
2. To build the salad, start with your lettuce greens, add all your veggies, and top with chopped avocado. Finish with your favorite salad dressing and 3 oz of protein of your choice. Enjoy!