

# **Everything Salad**

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: none

Serves: 4 dinner salad

**Chints:** This has a lot of ingredients and they are all healthy and refreshing. A grapefruit spoon is a good tool to use to seed cucumbers. Jimica is a white-fleshed root vegetable also called a Mexican potato. It is a crunchy and sweet and can be eaten raw like in this salad. Use a vegetable peeler to peel off the outer surface and expose the white starchy vegetable.



## Salad:

10-14 ounce bag prewashed mixed greens

1-1/2 cup cherry tomatoes, halved

1 cup seeded cucumber, chopped

1 red bell pepper cut into thin strips

1/2 cup radishes, sliced thin

1/2 cup jicama, shredded

1/4 cup red onion, sliced in the thin rings

2 yellow squash, quartered and sliced

1 Haas avocado

2 green onions, green parts sliced thin

2 cups cooked chicken or shrimp, chopped

## Dressing:

1/3 cup fresh lime juice (approx. 3 limes)

1 tablespoon honey

1 teaspoon Dijon mustard

1/2 teaspoon salt

1/4 teaspoon pepper

2 tablespoons extra virgin olive oil

You can prepare this salad in one large bowl or divide everything evenly among 4 dinner plates.

To cut the avocado, run a sharp knife lengthwise around the fruit. Gently pull apart to reveal a large round seed. Using your knife, tap the seed with the blade so that it just sticks in it. Gently turn the knife and the seed will pop out. Take one half at a time and slice the flesh in 3 equal sliced lengthwise and turn it sideways and make 4-5 slices. Use a spoon to lift out the flesh and it will come out already cut into pieces.

In a small bowl, whisk together all the dressing ingredients and sprinkle all of the salad. Serve with wheat or multi-grain crackers.