

Dr. Rich's Super Salad

1 tablespoon cold pressed olive oil
1 tablespoon unrefined sesame oil
1 tablespoon organic cold-pressed unrefined flax oil/walnut oil/almond oil/ coconut oil
½ tablespoon Dijon mustard
The juice of ½ Lemon
1 clove garlic smashed and chopped
1-2 tablespoon aged balsamic vinegar
½ tablespoon organic maple syrup/ raw honey

2 loose handfuls of organic baby leaf spinach/organic mixed greens
1/4 cup sliced onion
2 hard-boiled or poached eggs
1 avocado
1/4 cup walnuts
1/4 cup dried currants or raisins
1/2 cup chopped yellow pepper

The most important part of the salad making process is your dressing. Start with a large mixing bowl and add the first 8 ingredients. Whisk together with a fork until the dressing is well blended. In the same bowl, add the next 7 ingredients or any others you would like to add such as cucumber, carrot, tomato...etc. Toss together with salad spoons or my preferred method...my hands until the greens are well coated. You can also use a flavored balsamic vinegar from a specialty shop. These are usually sweet so taste prior to making your dressing so you know whether to add or omit the maple syrup.