Triple Green Salad with Green Goddess Dressing

Ingredients

Salad
2-3 heads Romaine lettuce, chopped (or 6-8 cups of your favorite organic mixed greens combination)
1 cucumber sliced
½ bunch asparagus or 1 cup of another favorite veggie

*Optional: ¼ - ½ cup almonds or sunflower seeds (or other nut/seed of your choice)

Dressing
3 tablespoons lemon juice or apple cider vinegar or a combination
2 tablespoons tahini
2 tablespoons extra-virgin olive oil
2-3 tablespoons Veganaise or real, olive oil-based Mayonnaise
½ ripe avocado, cubed
3 green onions, sliced
¼ cup parsley, chopped
2 tablespoons chives, chopped
½ - 2 teaspoon salt or Herbamare (organic seasoning salt)
Water, to desired consistency (I have also used soup broth)

Directions
Place all dressing ingredients in a blender, and blend until smooth or to desired consistency. Serve over salad ingredients and enjoy!

Recipe by Leigh Wagner, MS, RD, LD