

Green Goddess Salad

Prep Time 15 mins
 Total Time 30 mins
 Meal Type Lunch,Dinner,Side
 Contributed By



Source [Living Plate Teaching Kitchen](#)

Servings 4



Dressing

Ingredients

lb,c g,ml

- 1/4 cup parsley, leaves, *chopped*
- 1/4 cup basil, leaves, *chopped*
- 1 scallion, *chopped*
- 1 clove garlic, *chopped*
- 1 lemon, *juiced*
- 1/4 cup olive oil
- 1/4 cup cashews, raw
- 1/4 cup water
- salt, *to taste*
- pepper, *to taste*

Directions

Prep

1. Roughly chop herbs, scallion, and garlic
2. Juice lemon.

Make

1. Add all ingredients to a blender and process until creamy adding more water as needed to thin to desired consistency.
2. Season with salt and pepper to taste.

Salad

Ingredients

lb,c g,ml

- 8 cup romaine lettuce, *chopped*
- 1 cucumber, seedless, *chopped*
- 1 pnt tomatoes, cherry, *halved*
- 1 1/2 cup chickpeas, canned, *drained and rinsed*
- 1 cup artichoke quarters, canned, *drained and rinsed*
- 1/4 cup sunflower seeds, raw

Directions

Prep

1. Chop romaine and cucumbers.
2. Halve tomatoes.

Make

1. Add romaine to a large bowl and top with chopped vegetables, chickpeas, and artichoke hearts.
2. Toss with desired amount of dressing and serve topped with sunflower seeds.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
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Nutrition Facts

Calories **372**
per serving

Total Fat 23.8g	36%	Total Carbohydrates 29g	9%
Saturated Fat 3.4g	16%	Dietary Fiber 11g	44%
Trans Fat 0.0g		Total Sugars 5g	
Cholesterol 0mg	0%		
Sodium 578mg	25%	Protein 11g	

Vitamin D 0mcg 0% · Calcium 103mg 10% · Iron 2mg 13% · Potassium 558mg 11%

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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