



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)HolistiC Healthcare

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Super Summer Salad

Ingredients for the Salad:

- 1 cup *each* Arugula, Dandelion Leaves, Kale, Lettuce, *and* Spinach
- ½ cup *each* Asparagus, Beets, Bell Peppers, Cabbage, *and* Cauliflower

Ingredients for Tahini Dressing:

- ½ cup High-quality Tahini
- 2 Tbsp Sunflower Oil
- 3 Tbsp Lemon Juice

- *optional* Cayenne, Cumin, Garlic, Paprika
- Chopped Fresh Herbs *like dill or parsley*
- Salt and Pepper



Instructions:

1. Clean and tear the greens into bite-size pieces and mix.
2. Wash and chop the veggies and toss with greens in large salad bowl.

3. Combine the dressing ingredients, including any add-ins, in a medium bowl.
4. SLOWLY add up to a half cup of water to the dressing and whisk until it reaches your desired consistency.

5. Serve salad on a bed of brown rice.
6. Add dressing.
7. Top with alfalfa sprouts, blueberries, strawberries, and grapes!