

Sesame Ginger Salad

Number of Servings: 4

Prep Time: 15 minutes

Ingredients

Sesame Ginger Dressing:

1 tbsp toasted sesame oil

1 tbsp olive oil

1 tsp flax oil

1 tsp Bragg's Soy Sauce

1 tsp fresh grated ginger

1 tsp dulce Flakes

2 tsp apple cider vinegar

fresh ground pepper

Salad:

1 head leaf lettuce

1 avocado, diced

thin or thick sev (indian snack food)

Instructions

I prefer to use Indian thick or thin sev instead of the ramen noodles, and red or green leaf lettuce. Sev can be purchased at most Indian grocery stores, and is made from chick pea flour, salt, oil and spices. The thin sev is spicy but thick sev is milder. Either one gives the crunch to the salad and mixes well with the sesame ginger dressing.

Mix together the ingredients for the dressing in the bottom of a large mixing bowl. I like to soak my lettuce in cold water for 10 minutes to crisp it up, then tear into small pieces and spin in a salad spinner. Toss the lettuce in the dressing until well coated.

Distribute the lettuce into serving bowls, then add avocado and sev on top before serving.