



Summer Salad, 3 Ways

Prep time: 10 min

Makes ~3½ cups

INGREDIENTS

Salad

- 1 cucumber
- 1 zucchini or yellow squash
- 1 large carrot
- 1/2 cup cherry tomatoes

Sesame Ginger Dressing:

- 1 tablespoon soy sauce
- 1 tablespoon seasoned rice vinegar
- 1 tablespoon sesame oil
- 1/2 teaspoon ground ginger
- 1 teaspoon sesame seeds

Lemon Tahini Dressing:

- 2 tablespoons tahini
- 1 tablespoon lemon juice
- 1½ teaspoons apple cider vinegar
- ½ teaspoon minced garlic
- 1½ teaspoons maple syrup
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons water

Cilantro Lime Dressing:

- 1 cup loosely packed cilantro, stems removed
- ½ cup plain Greek yogurt
- juice of 1 lime
- pinch of salt
- ¼ cup olive oil

DIRECTIONS



Start with clean hands!
Wash your hands with soap and water.

Salad

1. Dice cucumber and zucchini (or squash).
2. Grate or peel carrot.
3. Cut tomatoes in half.
4. Place vegetables in a large mixing bowl.
5. Make the dressing of your choice.
6. Pour dressing on salad. Mix until coated.

Sesame Ginger Dressing:

1. Combine ingredients in a bowl or jar.
2. Mix. Enjoy.

Lemon Tahini Dressing:

1. Combining ingredients in a bowl or jar.
2. Mix. Enjoy

Cilantro Lime Dressing:

1. Combine ingredients in the bowl of a food processor or blender.
2. Process until smooth. Enjoy.