



Delicious Green Goddess Salad Recipe

Introduction

The Green Goddess Salad is a refreshing and nutritious dish that brings together a mix of vibrant vegetables and a creamy dressing that's both healthy and delicious. Perfect for a light lunch or as a flavorful side, this salad combines fresh greens with a unique twist, showcasing the delightful flavors of tahini and herbs.

Detailed Ingredients with measures

For the Green Goddess Caesar Dressing: - 1/2 cup tahini, stirred - 1/4

cup freshly squeezed lemon juice - 3 tablespoons warm water, more as needed - 2 tablespoons red wine vinegar - 2 tablespoons extra-virgin olive oil - 2 teaspoons Dijon mustard - 1 teaspoon agave or maple syrup - 1 1/2 cups baby spinach leaves, packed - 3/4 cup fresh basil leaves, packed - 1/4 cup coarsely chopped chives, or dark green parts of green onions - 2 cloves garlic - 1/4 cup nutritional yeast, more for garnish (optional) - 1/2 teaspoon kosher salt, more to taste - 1/4 teaspoon freshly ground black pepper For the Salad: - 1 small head or 1/2 large head green cabbage - 3 large stalks celery - 1 medium hothouse cucumber - 1/2 green bell pepper - 4 medium green onions - 1/3 cup roasted sunflower seeds, more for garnish (optional)

Prep Time

20 minutes

Cook Time, Total Time, Yield

Cook Time: 0 minutes Total Time: 20 minutes Yield: Serves 4-6 people
This vibrant and crunchy salad can be enjoyed on its own, served as a dip with tortilla chips, or used as a filling for sandwiches and wraps. It's a versatile dish that's both nutritious and flavorful.

Detailed Directions and Instructions

Prepare the Dressing:

In a blender, combine the tahini, lemon juice, warm water, red wine vinegar, olive oil, Dijon mustard, agave or maple syrup, baby spinach, basil leaves, chives, garlic, nutritional yeast, kosher salt, and black

pepper. Blend until the mixture is very smooth and creamy. If the dressing is too thick, add additional warm water, one teaspoon at a time, until the desired consistency is achieved.

See also Red Velvet Mug Cake

Prepare the Salad:

Slice the cabbage into quarters and remove the tough stem. Dice the cabbage and place it in a large bowl. Dice the celery, cucumber, and green bell pepper. Thinly slice the green onions. Add all the chopped vegetables to the bowl with the cabbage.

Assemble the Salad:

Pour the prepared dressing over the chopped vegetables. Add the roasted sunflower seeds to the bowl. Toss everything together until the vegetables are well coated with the dressing. Adjust the seasoning with additional salt and pepper to taste. If desired, garnish with extra roasted sunflower seeds and a sprinkle of nutritional yeast before serving.

Notes

Serving Suggestions:

This vibrant and crunchy salad can be enjoyed on its own, served as a dip with tortilla chips, or used as a filling for sandwiches and wraps.

Storage Instructions:

Store any leftover salad in an airtight container in the refrigerator for up to 2 days. The dressing can also be stored separately for longer freshness.

Customize Your Salad:

Feel free to add or substitute other vegetables such as bell peppers, radishes, or carrots according to your preference.

Cook techniques

Blending

Blending ingredients in a high-speed blender helps to achieve a smooth and creamy texture for the dressing, ensuring all flavors are well combined.

Chopping

Finely chopping vegetables such as cabbage, celery, cucumber, and bell pepper allows for even distribution in the salad, enhancing the overall texture and flavor.

Tossing

Tossing the salad ingredients with the dressing using gentle movements ensures that each piece is evenly coated without bruising delicate vegetables.

See also [Stuffed Zucchini Boats Recipe for a Healthy Meal](#)

Garnishing

Garnishing with roasted sunflower seeds and nutritional yeast adds a finishing touch, providing visual appeal and additional flavors to the salad.

FAQ

Can I make the dressing ahead of time?

Yes, the dressing can be made ahead of time and stored in the refrigerator for up to a week. Just give it a good stir or blend again before using.

What can I substitute for tahini?

If you're looking for a substitute, you can use almond or sunflower seed butter in place of tahini.

Is this salad suitable for a vegan diet?

Yes, this Green Goddess Salad is completely vegan as it contains no animal products.

Can I add protein to the salad?

Absolutely! Adding chickpeas, grilled tofu, or shredded chicken can enhance the protein content of the salad.

How can I make the salad gluten-free?

The ingredients in this salad are naturally gluten-free, but make sure to check labels for any processed ingredients if you are particularly sensitive to gluten.

Conclusion

The Green Goddess Salad is a refreshing and nutritious dish that brings together a variety of crunchy vegetables and a creamy, herbaceous

dressing. It's versatile enough to stand alone as a meal, accompany many dishes, or even serve as a filling for wraps. This salad not only provides a burst of flavor but also offers a wealth of nutrients, making it a fantastic addition to any meal plan.

Vegetable Buddha Bowl

Combine cooked grains like quinoa or brown rice with roasted vegetables, topped with the Green Goddess Caesar dressing for a nourishing and hearty meal.

Green Goddess Wraps

Spread the Green Goddess dressing on whole-grain tortillas and fill them with sliced avocado, mixed greens, and your choice of protein, such as chickpeas or turkey.

See also [Maple Bacon Cheddar Biscuit Delight](#)

Crispy Chickpea Salad

Add roasted chickpeas to the salad for an extra crunch and protein boost, creating a satisfying and well-rounded dish.

Grilled Vegetable Salad

Toss charred vegetables like zucchini, bell peppers, and eggplant into the salad for a smoky depth that complements the fresh greens.

Herbed Quinoa Salad

Mix cooked quinoa with fresh herbs and diced vegetables, then drizzle the Green Goddess dressing on top for added creaminess and flavor.

Crunchy Slaw

Mix shredded green cabbage with carrot, radish, and the Green Goddess dressing for a zesty slaw that's perfect as a side dish or topping for tacos.

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