

GARDEN SALAD WITH AVOCADO

INGREDIENTS:

- 10** leaves of baby Romaine/Cos lettuce (use more if leaves are small)
- 1** Lebanese cucumber
- 1** medium carrot; or 6 baby carrots
- ½** cup of grated or cut slices of pickled beet root (steamed, jarred, or raw)
- 1** avocado
- 1** fresh lemon juiced
- 8** shakes of garlic powder
- 6** shakes of dried oregano; and/or 4 sprigs of fresh oregano leaves
- 2** Tbsp of *Omega Nutrition* Flax Seed oil

DIRECTIONS:

Wash the lettuce, cucumbers, tomatoes, carrots, and lemon well.

Cut lettuce into narrow (about ¾" wide) strips and place into a bowl.

Slice and mix the cucumber into the salad.

Scrape or peel the skin off the carrot (optional). Peel strips off half of the carrot at a time, into the salad. If using baby carrots, cut smaller pieces into the salad.

Slice steamed or jarred beets pieces into strips, or peel and grate half of a raw beet into the salad, and mix.

Peel the avocado and slice small pieces into the salad.

Squeeze the juice from a fresh lemon all over the salad.

Sprinkle the oregano and garlic powder all over the salad.

Pour the flax seed oil all over the top of the salad, mix and serve.

ENJOY with meat, fish, soup, or vegetable dishes.

Serves 2

Use organic ingredients

Suitable for blood type A

For blood types AB & B eliminate the avocado

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