

KRAUT GARDEN SALAD

INGREDIENTS:

- 12** leaves of baby Romaine/Cos lettuce (use more if leaves are small)
- 4** radishes
- 10** baby Roma tomatoes (add more if small)
- 1** grated or peeled orange carrot; or 8 baby carrots
- 1** grated or peeled purple carrot
- ½** cup of red sauerkraut (more or less)
- 1** fresh lemon juiced
- 8** shakes of garlic powder
- 6** shakes of dried oregano; and/or 4 sprigs of fresh oregano leaves
- 4** shakes of fennel seeds
- 2** Tbsp of *Omega Nutrition* Flax Seed oil

DIRECTIONS:

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

Cut lettuce into narrow (about ½" wide) strips into two small salad bowls or one larger bowl.

Slice the radishes into the salad.

Scrape or peel the skin off the carrots (optional).

Grate or peel the orange and purple carrots into the salad.

If using baby carrots, cut smaller pieces into the salad.

Cut the tomatoes in half into the salad. If small use whole.

Add the red cabbage sauerkraut and mix. (Wild Brine)

Squeeze the juice from a fresh lemon into the salad

Sprinkle the garlic powder and oregano over the salad.

Add fresh oregano leaves.

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

ENJOY with meat, fish, or soup dishes.

Serves 2

Use organic ingredients

Suitable for blood type O

For blood type A eliminate the tomatoes

For blood type B eliminate the radishes & tomatoes

For blood type AB eliminate the radishes

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