



Chopped Green Super Salad with Herbal Fat Free Salad Dressing

The first step in making this colorful and amazing salad is to juice 2 limes. Add fresh oregano, thyme, and dill and you have a very flavorful herbal dressing. The nectarines add a nice touch to the veggies and 2 different kinds of lettuce. Great for entertaining this summer and super healthy.

Ingredients:

- 2 Limes, freshly squeezed or juiced by hand
- 1 tomato, chopped
- 1 bunch of fresh Oregano, take leaves off of stems by hand
- 1 bunch of fresh Thyme, take leaves off of stems by hand
- 1 Dill leaf
- 2 cloves of Garlic, peeled & lightly chopped
- 1 head of Romaine Lettuce
- 1 head of Red Leaf Lettuce
- 1 Cucumber
- 2 bunches of Cilantro
- 1 yellow Zucchini
- 1 pint of Alfalfa Sprouts
- 1-2 pints of Cherry Tomatoes
- 2 Nectarines
- 1 Hot Pepper (if desired)
- 1 Avocado (if desired)

Preparation steps:

To make the dressing, blend lime juice, tomato, oregano, dill, thyme & garlic until desired consistency is reached in your Vita-Mix or other high-powered blender of your choice

Chop romaine lettuce & red leaf lettuce as desired for salad, and place in large serving bowl

Chop cucumber, cilantro & zucchini and place over lettuce

Next, add sprouts over the top, followed by the cherry tomatoes, then the nectarines

If desired, you may also add the hot pepper, avocado and/or any other ingredients of your choice

Drizzle salad dressing over salad or keep on the side, and serve!

Bonus Items

If you want to watch the video again, click [here](#).