

Simple House Salad with Ranch Dressing

Ingredients for Salad:

- Lettuce or mixed greens
- Cherry Tomatoes
- Carrots, sliced or shredded
- Red Onion, sliced thinly (soak in ice water if onions are too hot)
- Avocado, diced or sliced
- Nuts of choice: sunflower seeds, slivered almonds, cashews, pine nuts, pecans

Ingredients for Ranch Dressing:

- 1 c. raw cashews
- 3/4 c. water
- Juice of 1 lemon (2 T.)
- 1 t. honey, more to taste
- ½ t. salt
- ½ t. McCormick's salt-free garlic and herb mix (Winco spice aisle)
- ¼ t. each: dill, parsley, oregano
- Non-dairy milk or water to thin if desired

Directions:

1. Make salad and sprinkle nuts of choice on top.
2. Put all **Ranch Dressing** ingredients in blender **except** salt and seasonings. Blend till very smooth.
3. Stir in salt and rest of seasonings. Thin if desired with water or non-dairy milk.

Did You Know?

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There are important health benefits from eating raw cashews such as:

- Cashews are ripe with proanthocyanidins, a class of flavanols that actually starve tumors and stop cancer cells from dividing.
- Cashews have a lower fat content than most other nuts and most of it is in the form of oleic acid which studies show promotes good cardiovascular health.
- Cashews are wonderfully cholesterol free and their high antioxidant content helps lower risk of cardiovascular and coronary heart diseases.
- Cashews are rich in copper and magnesium--good for hair, skin and bone health.