



## Nutty Citrus Miso Dressing (can be doubled or tripled)

### Dressing Ingredients

- ¼ cup fresh squeezed orange juice
- ¼ cup fresh squeezed lime juice
- 1 tbsp white miso paste
- ½ inch piece fresh ginger, peeled and roughly chopped
- 1 Tbsp peanut butter or almond butter

### Dressing Instructions

Place all ingredients in a blender or Nutri bullet and blend thoroughly. Store in a sealed jar in the fridge. I use about three tablespoons per serving so this amount will make 4-5 salads

### Salad Ingredients (for each salad)

- ½ large just-ripe avocado, peel and slice thin
- Approximately 1 cup of cubed chicken breast (see note below on how I do this)
- ½ mango, finely sliced -optional
- 1 celery stalk, finely sliced
- ¼ yellow or red pepper, finely sliced
- Approximately 2 cups of fresh arugula or romaine or a combination of the two
- 2 Tbsp fresh mint leaves, coarsely chopped
- ¼ cup toasted, coarsely chopped walnuts
- 1 Tbsp roasted unsalted sunflower seeds
- About 3 Tbsp of salad dressing

### Salad Instructions

Layer all of the ingredients above in any way you wish: I always put the lettuce on the bottom of a jar or glass pyrex dish then add groupings of the ingredients. Pour about 3 Tbsp of dressing into a container alongside the salad.

When ready to eat, coat the salad with the dressing and mix well.

Note: If I plan to add chicken to salads or pasta during the week, I take chicken breast halves on the bone with their skin. Blot off any moisture with paper towels, then place the chicken on a square of foil, season the skin liberally with salt, pepper and smoked paprika and seal the foil tightly. Bake on a tray in the toaster oven for 40 minutes. Cool, remove skin and bones and shred or cube. I keep the bones in the freezer for chicken stock.