



Hector's Salad - My Version

Serves 2

Salad Ingredients

- About 5 cups of soft mixed leaf lettuces, washed and dried and torn into small pieces
- ¼ cup English cucumber, sliced
- 8 cherry tomatoes, cut in half
- ¼ apple of your choice, cored and sliced very thinly with the skin left on
- 2 Tbsp candied nuts, chopped coarsely
- 3 Tbsp crumbled goat cheese

Dressing Ingredients*

- 6 Tbsp fresh lemon juice (3 oz)
- 1 tsp grated lemon zest
- 2 Tbsp seasoned rice vinegar
- 2 ½ Tbsp minced fresh basil
- 2-3 tsp of pure maple syrup, or to taste
- ½ cup extra virgin olive oil
- ½ tsp sea salt
- 10 grinds of fresh white or black pepper

*For the dressing - this makes enough for about six salads.

Instructions

Put everything into a tall narrow container and use an immersion blender to puree it all together. Or, if you have a Nutribullet, use it to blend everything together. Cover and store in the refrigerator for a week or longer.