



Deru Market Farm Salad

Salad Ingredients

- 4-6 cups mixed leafy greens-I used "little gem" lettuce with a little fresh spinach
- ¼ cup fresh dill, coarsely chopped
- ¼ cup flat-leaf parsley, coarsely chopped
- ¼ cup cilantro, coarsely chopped
- ½ cup pumpkin seeds, raw
- 2-3 cups carrots, peeled and diced into thin rounds (about 3 large carrots)
- 1 Tbsp avocado oil
- Sea salt
- Pepper
- ¼ -1/2 cup high quality, organic feta cheese
- OPTIONAL: Roasted sliced chicken breast, sliced steak, cubed cooked salmon, whatever protein you want to add.

Dressing Ingredients

- 3 tbsp juice squeezed from lemons (approximately 1 large lemons)
- 2 tbsp honey
- 2 tbsp fresh chopped dill
- 2 tbsp finely chopped flat-leaf parsley
- 2 tbsp finely chopped fresh cilantro
- 2 tsp finely grated lemon zest
- ½ tsp sea salt (can add more depending on preference)
- black pepper to taste
- ½ cup extra virgin olive oil

Instructions

Preheat your oven to 400 F. Line a baking pan with parchment paper or foil and spread the thinly sliced carrots on the pan evenly. Coat with avocado oil, sea salt and pepper and roast for 15 minutes, so they are a little al dente. Remove the carrots from the tray and roast the pumpkin seeds in the same (now empty) pan for a few minutes until they just start to turn a little brown.

For the dressing, put everything in a tall vessel that will fit your immersion blender. Dump everything together except the oil (you don't need to chop the herbs much) and slowly drizzle in the olive oil.

Assemble the rest of your salad ingredients (leafy greens, chopped fresh herbs, crumbled feta, shredded chicken or protein if using) and set aside. Once carrots and pumpkin seeds are done cooking, set aside for a minute to let cool, then add all ingredients together to a large bowl and toss. Add a little of the salad dressing at a time - I used a lot less than the full amount for my salad and it was light and refreshing.