

TOP NOTCH DRAGONS: SALAD RECIPES

CAUTION: Before preparing any of the following ingredients please ensure that you thoroughly wash all ingredients to remove dirt and harmful surface chemicals such as pesticide.

b
i
t
t
e
r

sweet

GO GREEN



**La
Fiesta
SALAD**



Big Salad



**FALL
Harvest**

- finely chopped Collard Greens
- finely chopped Endive
- peeled and shredded Parsnip
- peeled and shredded Butternut Squash¹

- chopped Alfalfa
- finely chopped Collard Greens
- finely chopped Kale²
- finely chopped Okra

- finely chopped Red Dandelion Greens
- finely chopped Green Beans
- peeled, finely chopped or crushed Mango³
- cored and finely chopped Red Bell Peppers⁴

- finely chopped Watercress
- finely chopped Mustard Greens
- finely chopped Snap Peas
- peeled and shredded Kabocha Squash
- peeled and shredded Cassava (Yucca Root)

- finely chopped Collard Greens
- finely chopped Dandelion Greens
- peeled and shredded Acorn Squash
- peeled and shredded Parsnip

¹ Butternut Squash is sweet so it should only be offered occasionally.

² Kale is high in oxalates and goitrogens so it should only be offered occasionally.

³ Mangos are very sweet and should only be offered occasionally.

⁴ Red Bell Peppers make great colour enhancers and act as a stimulus for picky eaters. Use occasionally.