

***Ruth Clark, RD, MPH***

## Fresh Green Salad with Champagne Vinaigrette Dressing

### Ingredients:

- 1 Head of butter lettuce or fresh spring greens
- 1 Persian cucumber thinly sliced
- 3 radishes thinly sliced
- 1 ripe avocado pitted, peeled, and thinly sliced
- 3 tablespoons chopped fresh dill
- 3 tablespoons chopped fresh mint
- 8 canned artichoke hearts drained and halved

### Directions:

1. Arrange the lettuce leaves in a large salad bowl. Top with the sliced cucumbers, radish, avocado, dill, mint, artichoke hearts,
2. Combine all the ingredients in a small bowl and whisk to combine. Adjust the salt and pepper as needed. You may have some left over.
3. Drizzle the dressing over the salad and toss. Season with salt and black pepper. Serve immediately.

**Note-**You can make the salad and dressing ahead. Just hold the avocado and dressing drizzle until serving time.

## Champagne Vinaigrette Dressing

From the Book, **COOL THE FIRE:** Curb Inflammation and Balance Hormones

*1 whole clove garlic, peeled and minced*  
*1 teaspoon Dijon mustard*  
*1/4 teaspoon sea salt*

*1/8 teaspoon freshly ground black pepper*  
*1/4 cup champagne vinegar*  
*1/2 cup extra-virgin olive oil*

1. Combine the garlic, mustard, salt, pepper and vinegar.
2. Slowly whisk in the extra-virgin olive oil with a wire whip until emulsified.