

Filled with all things energizing and health boosting, this salad can be made for one or a family. Top with chopped cooked chicken or slices of seared tuna, with a sprinkle of crumbled goat or blue cheese for a heartier main dish salad.

AVOCADO & BERRY HERBAL SALAD with ROASTED WALNUTS

Serves 4

INGREDIENTS

- 4 cups baby kale
- 1 small head radicchio, thinly sliced
- 1 cup fresh watercress leaves
- ½ cup torn fresh herb leaves (cilantro, sage, dill, lemon balm, and/or oregano)
- 1 ripe avocado, pitted and chopped
- 1-1/2 cups fresh blackberries and/or blueberries
- 1 medium lime
- 3 tablespoons walnut or olive oil
- Coarse salt and freshly ground pepper to taste
- 2/3 cup coarsely chopped walnuts, toasted

DIRECTIONS

1. Place kale, radicchio, watercress, and herbs in a large bowl.
2. Add avocado and berries to greens. Grate zest from lime and squeeze juice in a small bowl. Whisk in oil; season with salt and pepper.
3. Drizzle salad with dressing; gently toss. Sprinkle with walnuts.

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