

Spinach Salad with Red Cabbage, Apples, Almonds and Avocado Dressing

Prep time:

15 minutes

Yields:

4 servings

Ingredients

For the salad:

- 4 cups packed spinach
- 1/2 cup sliced almonds, toasted
- 1 large Gala or Fuji apple, diced
- 1 cup chopped red cabbage

For the avocado dressing:

- 1 ripe avocado, peeled, pit removed and roughly chopped
- 1 tablespoon extra-virgin olive oil or avocado oil
- ½ cup water
- 1 garlic clove
- 1 tablespoon, chopped onion
- Juice of 1 large lemon
- 1 teaspoon Dijon or yellow mustard

- salt and pepper to taste

Directions

1. In a large bowl, combine spinach, almonds, apples and red cabbage.
2. For the dressing, add all ingredients in a blender or a food processor. Process and blend until smooth and creamy. Add a little more water, if you prefer it to be a little thinner. Taste for lemon and salt, and add more, if preferred.
3. Drizzle the dressing on the salad and toss well to coat. Serve!