

Beautifying Detox Salad

Recipe by Joy McCarthy from Joyous Health

JOYOUS HEALTH

Ingredients:

- 1 head romaine lettuce (or green leafy lettuce), washed and chopped
- 1 medium beet, julienned (cut like matchsticks)
- 2 carrots, chopped
- 1/2 cucumber, chopped
- 2 green onions, chopped
- 1/4 of a red onion, finely chopped
- Handful of fresh parsley, chopped
- Handful sunflower microgreens*
- 1/4 cup sheep's milk feta cheese (of course you can use goat or cow too)
- Dressing
- Juice from half a fresh lemon
- 1/4 cup extra-virgin olive oil
- Pinch sea salt

Instructions:

1. Combine all ingredients into a large salad bowl. Pour dressing over top and enjoy immediately.
2. Serves 2 joyous bellies :)

Notes:

*What are microgreens? Smaller than baby greens and larger than sprouts, microgreens are tiny greens grown and then harvested from the seeds of veggies or herbs. I buy mine at the health food store. I always use organic ingredients in my salads. Purchase organic as often as possible to reduce your exposure to chemical pesticides.