

THE BEST DETOX SALAD WITH LEMON-GINGER DRESSING

★★★★★

COURSE: SALAD CUISINE: VEGETARIAN

KEYWORD: DETOX SALAD PREP TIME: 10 MINUTES

COOK TIME: 0 MINUTES TOTAL TIME: 10 MINUTES

SERVINGS: 2 (PLUS EXTRA DRESSING) CALORIES: 361KCAL AUTHOR: MEGAN GILMORE



A nutrient-rich salad that is easy to throw together and naturally supports the body's detoxification system.

EQUIPMENT

- Vitamix

INGREDIENTS

LEMON GINGER DRESSING (MAKES 1 1/2 CUPS)

- 3/4 cup freshly squeezed lemon juice
- 1/2 cup extra-virgin olive oil
- 1 to 1 1/2-inch knob of fresh ginger , **to taste**
- 1 clove garlic
- 2 tablespoons raw honey

SALAD

- 4 cups shredded cabbage (green, purple, or both)
- 1 large carrot , **shredded**
- Handful of fresh flat-leaf parsley , **roughly chopped**
- 1/2 avocado , **sliced**
- 2 tablespoons raisins

INSTRUCTIONS

1. To prepare the dressing, combine all of the ingredients in a blender, starting with just 1-inch of fresh ginger, and blend until smooth. Add more ginger to taste, if desired, and set aside.
2. To prepare the salad, toss together the cabbage, carrots, and parsley in a large bowl and top with the sliced avocado and raisins.
3. Top the assembled salad with 3 to 4 tablespoons of the lemon-ginger dressing and let it marinate for 5 to 10 minutes before serving. Store leftover dressing in an airtight container in the fridge for up to a week.

NUTRITION

Calories: 361kcal | Carbohydrates: 35g | Protein: 4g | Fat: 26g | Saturated Fat: 3g | Sodium: 55mg | Potassium: 734mg | Fiber: 10g | Sugar: 13g | Vitamin A: 5306IU | Vitamin C: 71mg | Calcium: 74mg | Iron: 2mg

<https://detoxinista.com/best-detox-salad-lemon-ginger-dressing/>