

Green Goddess Salad - A Light, Creamy, and Healthy Meal You'll Crave Daily

If you've ever wanted to eat something that tastes as good as it makes you feel-this



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10 min

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INGREDIENTS

4 cups mixed greens (like spinach, arugula, romaine, or baby kale)

1 avocado, sliced

1 cup cherry tomatoes, halved

1/2 cucumber, thinly sliced

2 tbsp olive oil

1 tbsp lemon juice

Salt and pepper, to taste

? Ingredient Tips & Variations:

Add protein: Top with grilled chicken, chickpeas, or hard-boiled eggs for a full meal.

Crunchy bonus: Toss in sunflower seeds, pumpkin seeds, or croutons.

Herb it up: Add fresh basil, dill, or chives for a boost of Green Goddess flair.

Creamy dressing twist: Mix olive oil and lemon juice with Greek yogurt or mashed avocado for a richer version.

??? Instructions:

1. Combine the Base:

2. Make the Dressing:

3. Toss & Serve:

? Tips for a Next-Level Salad:

Use chilled ingredients for an extra-refreshing bite.

Cut avocado last to prevent browning and keep the slices clean.

Toss gently: Use clean hands or salad tongs to keep the greens airy and light.

? What to Serve With It:

Blueberry Lemonade - sweet, tart, and ultra-refreshing

Light Tangy Chicken Salad - a perfect pairing with similar fresh vibes

Monster Cookie Energy Balls - for a snacky, nutrient-packed dessert

3-Ingredient Oatmeal Breakfast Cookies - great for breakfast or a portable lunch pairing

Edible Cookie Dough - treat yourself, guilt-free

? Storage Tips:

Short-term storage: Store undressed salad and dressing separately in airtight containers for up to 2 days. Add avocado just before serving.

Dressed salad: Best eaten immediately to prevent wilting.

? More Fresh Recipes You'll Love:

Light Tangy Chicken Salad

Blueberry Lemonade

3-Ingredient Oatmeal Breakfast Cookies

Final Thoughts:

DIRECTIONS

1. **Combine the Base:** In a large bowl, combine the mixed greens, avocado slices, halved cherry tomatoes, and sliced cucumber.
2. **Make the Dressing:** In a small bowl or jar, whisk together olive oil, lemon juice, salt, and pepper until well combined.
3. **Toss & Serve:** Drizzle the dressing over the salad and gently toss to coat everything evenly. Serve immediately while fresh and crisp.
4. **? Tips for a Next-Level Salad:** Use chilled ingredients for an extra-refreshing bite.
5. **Cut avocado last** to prevent browning and keep the slices clean.
6. **Toss gently:** Use clean hands or salad tongs to keep the greens airy and light.
7. **? What to Serve With It:** Pair this Green Goddess Salad with vibrant drinks and satisfying sides for a wholesome meal:
8. **Blueberry : Lemonade** - sweet, tart, and ultra-refreshing
9. **Light : Tangy Chicken Salad** - a perfect pairing with similar fresh vibes
10. **Monster : Cookie Energy Balls** - for a snacky, nutrient-packed dessert
11. **3-Ingredient Oatmeal Breakfast Cookies** - great for breakfast or a portable lunch pairing
12. **Edible : Cookie Dough** - treat yourself, guilt-free
13. **? Storage Tips:** Short-term storage: Store undressed salad and dressing separately in airtight containers for up to 2 days. Add avocado just before serving.

14. Dressed salad: Best eaten immediately to prevent wilting.
15. ? More Fresh Recipes You'll Love: Want more light bites with big flavor? Try these next:
16. Light : Tangy Chicken Salad
17. Blueberry : Lemonade
18. 3-Ingredient Oatmeal Breakfast Cookies
19. Final Thoughts: This Green Goddess Salad proves that healthy doesn't have to mean boring. It's crisp, creamy, citrusy, and ready in minutes-everything a refreshing salad should be. Whether you're eating clean or just love big bowl energy, this one's got your name written all over it.
20. Tried it? Tag us @chefmaniac and show off your freshest creation!

More recipes: ChefManiac.com

Original recipe: <https://chefmaniac.com/green-goddess-salad-a-light-creamy-and-healthy-meal-youll-crave-daily/>