

Fresh Green Goddess Salad with Creamy Avocado and Lemon Vinaigrette

And the best part? It comes together in 5 minutes flat with no cooking required.



TIME
5 min

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INGREDIENTS

4 cups mixed greens (such as spinach, arugula, and romaine)
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

DIRECTIONS

- 1.** Prepare : Salad: In a large bowl, combine mixed greens, avocado slices, halved cherry tomatoes, and cucumber slices.
- 2.** Make : Dressing: In a small bowl, whisk together olive oil, lemon juice, salt, and pepper.
- 3.** Combine: Drizzle the dressing over the salad and toss gently to coat everything evenly.
- 4.** Serve: Transfer to plates or bowls and enjoy immediately while fresh and crisp.

SWAPS & NOTES

Greens : Use any greens you like-kale, baby spinach, butter lettuce, or a spring mix all work wonderfully.

Add-ins : Boost the protein with grilled chicken, chickpeas, or a sprinkle of hemp seeds.

Dressing Variation : Add a spoonful of Greek yogurt or tahini to the vinaigrette for a creamy twist.

Low Acid Option : Replace lemon juice with apple cider vinegar if citrus isn't your thing. ???
Instructions Prepare Salad :
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TIPS FOR SUCCESS

Use Ripe Avocados : Look for avocados that yield slightly to gentle pressure for the best creamy texture.

Dry Greens Well : Wet greens can dilute the dressing-use a salad spinner if needed.

Layer Thoughtfully : For presentation, layer the avocado slices last so they sit beautifully on top. ?

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/fresh-green-goddess-salad-with-creamy-avocado-and-lemon-vinaigrette/>