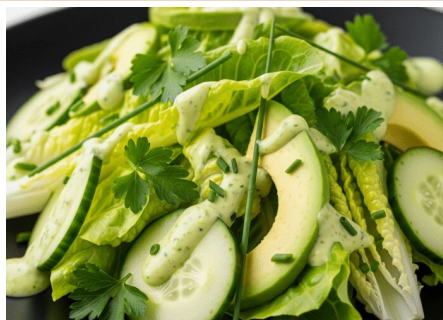


The Viral “Green Goddess” Salad Hack: Creamy, Crunchy, and Utterly Addictive!

Why I Love This Viral Sensation



TIME
15-20 min

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ChefManiac

INGREDIENTS

- 1 small head green cabbage, finely chopped
 - 1 large cucumber, finely diced
 - 1/2 cup fresh chives, finely chopped
 - 1/2 cup fresh parsley, finely chopped
 - 1/4 cup fresh dill, finely chopped
 - 1/4 cup nutritional yeast (for cheesy flavor without dairy, optional but recommended!)
 - 1/4 cup lemon juice (about 1-2 lemons)
 - 2 tbsp rice vinegar
 - 1 tbsp olive oil
 - 1/2 cup cashews, raw and unsalted (soaked in hot water for 15-20 minutes, then drained, for creaminess)
 - 2 cloves garlic
 - 1/4 cup water (add more if needed for desired consistency)
 - Salt and pepper to taste
- Serve with tortilla chips, pita bread, or your favorite crackers
- Swaps and Notes:
- Cabbage: While green cabbage is traditional for this hack, you can use napa cabbage or even a mix of cabbages.
- Herbs: The mix of chives, parsley, and dill is key to the "Green Goddess" flavor, but feel free to adjust ratios or add other soft herbs like basil or cilantro if you love them.

Nutritional Yeast: This gives a subtle, savory, cheesy depth. If you don't have it or prefer not to use it, you can omit it.

Cashews: Soaked cashews are essential for the creamy, dairy-free dressing. If you have a nut allergy, try soaked sunflower seeds or a creamy avocado for a similar texture.

Garlic: Fresh garlic is best, but a teaspoon of garlic powder can be used in a pinch.

Rice Vinegar: White wine vinegar or apple cider vinegar can be substituted.

Add-ins: Many versions include green onions, spinach, or even a jalapeño for a little kick!

DIRECTIONS

1. This recipe is surprisingly simple, especially if you have a food processor!
2. Prep the : Veggies: If not already finely chopped, roughly chop the green cabbage, cucumber, chives, parsley, and dill. Set aside. Pro tip: If you have a large food processor, you can pulse the cabbage and cucumber until finely chopped, but be careful not to over-process into a mush!
3. Make the : Green Goddess Dressing: In a blender or food processor, combine the soaked and drained cashews, nutritional yeast, lemon juice, rice vinegar, olive oil, garlic cloves, 1/4 cup of water, salt, and pepper. Blend until completely smooth and creamy. If the dressing is too thick, add more water, a tablespoon at a time, until you reach your desired consistency. It should be thick enough to coat the salad well but pourable.
4. Combine and : Dress: In a large bowl, add the finely chopped cabbage, cucumber, chives, parsley, and dill. Pour the prepared Green Goddess dressing over the chopped vegetables.
5. Toss and : Mix: Toss everything together really well, ensuring every piece of vegetable is coated in that vibrant green dressing. You can use tongs or even clean hands for this!
6. Serve and : Enjoy! Serve immediately with your favorite tortilla chips, pita bread, or crackers for scooping. It also makes an amazing topping for toast, a filling for wraps, or a side dish for grilled proteins.

SWAPS & NOTES

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TIPS FOR SUCCESS

Chop Finely: The "hack" aspect really shines when the vegetables are finely chopped, allowing you to scoop and enjoy all the flavors in one bite.

Soak Cashews: Don't skip soaking the cashews!

This step is crucial for achieving a super creamy, smooth dressing.

Taste and Adjust: Always taste your dressing before mixing it in with the salad.

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

Original recipe: <https://chefmaniac.com/the-viral-green-goddess-salad-hack-creamy-crunchy-and-utterly-addictive/>