



Arugula & Avocado Salad with Lemon Tahini Dressing

A salad is a perfect vehicle for a delicious and nutritious dressing. This dressing pairs the two nutrient powerhouses, sesame seeds and lemons, to create a slightly sweet, rich and tangy delight. If the arugula and avocado didn't make you feel healthy enough, this dressing's nutrient profile certainly will.

Lemons (<https://aloha.com/mag/article/9-ways-lemon-can-change-your-life-or-at-least-your-daily-routine>) are a powerful source of antioxidants and cardio-protective (<http://www.ncbi.nlm.nih.gov/pubmed/17690486>) benefits, thanks to their phytonutrient content. And as we all know, lemons are a fabulous source of vitamin C, which helps raise blood levels (<http://www.ncbi.nlm.nih.gov/pubmed/8317379>) of our master antioxidant glutathione. This molecule is crucial for antioxidant protection, nutrient metabolism, and cellular activities (<http://jn.nutrition.org/content/134/3/489.short>) such as proper immune response.

Sesame seeds are a fabulous source of calcium and manganese (<http://www.whfoods.com/genpage.php?tname=nutrientprofile&dbid=19>), two nutrients that help us build strong and resilient bones. These tasty little seeds also contain two types of lignan fibres called samin and sesamol, which may help prevent the development of heart disease and inflammation (<http://www.ncbi.nlm.nih.gov/pubmed/20306475>) in the body. Since inflammation can be at the root of a whole host of chronic diseases, such as metabolic syndrome (<http://circ.ahajournals.org/content/111/11/1448.short>), it's incredibly important that we fill our diets with as many anti-inflammatory foods as possible.

Adding foods rich in antioxidants and other nutrients that promote a proper inflammatory response in the body is a foundation of good health. This dressing also makes a great dip for crudité's or wraps.

Ingredients

Arugula & Avocado Salad

- 2 cups arugula
- 1/2 apricot, sliced
- 1 tablespoon slivered almonds
- 1/4 avocado, squared
- 1 radish, sliced
- 1/2 cucumber - about 2 inches, sliced
- 6 cherry tomatoes, halved

Optional: edible flowers

Lemon Tahini Dressing

- 1 lemon, zest and juice
- 1 clove of garlic, minced

- 1 teaspoon Dijon mustard
- 2 tablespoon apple cider vinegar
- 1/3 cup tahini
- 1 packet ALOHA Daily Good Greens Original (<https://shop/product/daily-good-greens-original>)
- 2 teaspoon maple syrup
- 1 cup oil of choice - I recommend olive, avocado, or hemp oil
- sea salt to taste

Preparation

For the dressing, combine the lemon, garlic, mustard, apple cider vinegar, tahini, ALOHA Daily Good, and maple syrup using a whisk or immersion blender until smooth. Then slowly whisk or blend in your oil of choice. Season to taste. Store in your refrigerator for seven to ten days.

For the salad, arrange ingredients on a large plate or bowl - dress and enjoy!



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