



Sea of Colors
GREEN HEART CHAKRA RECIPE

Heart Chakra Green Salad

by Kimberly Bizjak

Ingredients

- Leafy greens
- Spinach
- Kale
- Arugula
- Broccoli
- Asparagus
- Shelled fresh peas
- Fresh green beans
- Brussel Sprouts
- Avocado

Dressing:

- 1/2 cup prepared pesto
- 1/4 cup white wine vinegar
- 1 garlic clove or sprinkle of garlic powder.

Directions

This green salad is a "build-your-own" mix. Choose whichever green vegetables you prefer from the ingredient list.

1. Chop and slice veggies and toss in a bowl.
2. Mix pesto vinaigrette dressing ingredients in a small bowl and toss with vegetables.
3. Optional: Top with fresh green beans.
4. Optional: Top with pine nuts or maybe even pistachios!