

Fresh Raspberry-Aloe Vinaigrette / Salad

Enjoy the cleansing and digestive goodness of aloe vera in a new way! A sweet raspberry vinaigrette dressing that incorporates aloe vera makes for a unique spin on a classic dressing. Paired with bitter greens, this salad is a powerhouse of digestive health well-being.

Prep Time: 15 minutes

Servings: 4

Storage: 5 days when kept separately in refrigerator

Author: Chef Chandra, S.O.U.L. Food

Ingredients (Salad)

- 3 cups fresh baby spinach *
- 1 endive, chopped *
- ½ head escarole, chopped *
- handful arugula *
- ½ small radicchio, chopped
- handful watercress, coarse stems discarded, leaves chopped *
- ¼ cup fresh mint, chopped
- 1 large, ripened tomato, sliced

Garnish, optional

- Pomegranate
- Feta cheese

Ingredients (Dressing)

- ½ pint raspberries
- 2 TBSP Aloe Vera Juice
- 2 TBSP extra-virgin olive oil
- 1 TBSP minced shallot or onion
- 2 teaspoons white balsamic vinegar
- coarse salt and ground pepper

Instructions

Wash all the greens and toss them into a large salad bowl. In a mixing bowl, whisk together aloe juice, extra-virgin olive oil, minced shallot, vinegar, salt, and pepper.

In a separate bowl, roughly mash raspberries with a fork. Pour dressing mixture over berries, stir together, and let sit in the refrigerator for up to 2 hours to let the flavors blend.

Before serving the salad, take dressing from the refrigerator, give it one last whisk, and serve over bitter greens!

Adapted Lily of the Desert recipe

CC's S.O.U.L. Food

Chef Chandra's Seasonal/Sustainable, Organic, Unprocessed, and Local Food

925.395.4185

info@ccsoulfood.com