



Health Highlights

Prep 15 min Cook 0 min Ready in 15 min Servings 4

Crunchy Earth Salad

Ingredients

4 large stalk(s)	Celery (chopped)
1 medium	Carrots (grated)
1 beet(s)	Beets, raw (peeled and grated)
1/2 radish	Radish, daikon (grated)
1/2 bunch	Cilantro (coriander) (chopped finely)
1/4 cup	Seaweed, arame, dried, Eden (soaked in cold water for 15-20 minutes and drained)
3 tbsp	Extra virgin olive oil
1/2 whole lemon(s)	Lemon juice
1 tsp	Himalayan sea salt
1/4 cup	Sesame seeds (toasted)

Instructions

1. Combine celery, carrot, beet, radish, cilantro, drained seaweed, olive oil, lemon juice, salt, and sesame seeds in a large bowl.
2. Toss well to coat. Enjoy!

Nutrition Facts

Per Portion

Calories	179
Calories from fat	135
Calories from saturated fat	18.9
Total Fat	15.0 g
Saturated Fat	2.1 g
Trans Fat	0.0 g
Polyunsaturated Fat	3.1 g
Monounsaturated Fat	9.2 g
Cholesterol	0
Sodium	741 mg
Potassium	438 mg
Total Carbohydrate	10.3 g
Dietary Fiber	4.4 g
Sugars	4.2 g
Protein	3.0 g

Dietary servings

Per Portion

Meat Alternative	0.3
Vegetables	3.5

Energy sources

Carbohydrates	18%
Fat	75%
Protein	7%