

# Recipe

## SPRING DANDELION, BEET AND DILL SALAD BOWLS

### THE GOODS:

- Dandelion greens
- Dill
- Hemp Seeds
- Walnuts or pumpkin seeds
- Beets
- Green onion
- Oil (Olive oil and Avocado oil work best here)
- Lemon
- Sea salt

### THE METHOD:

Use your senses and your specific needs for the meal to determine exact quantities. I like to start with cup for cup.

In one bowl combine a cup each of greens, dill, and hemp seeds. Sprinkle on nuts/seeds, and green onions. Now, for the beets. I don't always love the process of cooking them, but goodness do I love how they make me feel! If I'm going to buy prepared beets for this recipe, I choose pickled beets. They work wonders here! Choose your own adventure.

Add the olive oil and the juice of half a lemon. Sprinkle with sea salt and toss to combine. Ask your senses what your salad needs and play with any adjustments.

*Boulder Nutrition*