

RECIPE

# Immunity Boosting Salad



Created by Leah Grace Barack, M.S.

Grace Functional Nutrition

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## Salad Ingredients

- 2 cups arugula
- ½ bell pepper, chopped
- ⅓ cup cooked quinoa
- ⅓ cup black beans
- ½ avocado, thinly sliced
- 1 raw asparagus spear, peeled into thin slices
- Thinly sliced red onion
- Immunity salad dressing (see below)

## Preparation

1. Cook quinoa according to package instructions.
2. If using canned beans, thoroughly rinse black beans using strainer.
3. Place arugula on a large plate or in a large bowl. Pour dressing over the greens and thoroughly mix so dressing is evenly distributed..
4. Arrange the bell pepper, quinoa, beans, avocado, asparagus, and onion on top, and enjoy!

## Dressing Ingredients

- ¼ cup lemon juice + zest of 1 lemon
- ½ cup extra virgin olive oil
- 1-2 raw cloves garlic, crushed or minced
- 1 tsp thyme
- 1 tsp oregano
- 1 tsp raw honey
- ½ tsp onion powder
- Salt and pepper, to taste

## Preparation

1. Combine all ingredients in a glass jar with a lid and shake vigorously. Use a regular blender or immersion blender for a creamier version.