

Green Goddess Salad

Prep: 10 min Cook: 0 min Total: 10 min Servings: 8

Calories: 153 Fat: 6g Protein: 6g Carbs: 21g Fiber: 5g

Ingredients

- 1 fennel bulb
- 4 green onions
- 1 green cabbage (about 3 lbs)
- 1 cup Italian parsley leaves
- 2 cups Green Goddess Dressing (A BetterBody Foods Recipe)

Directions

1. Rinse the fennel bulb under cool water. Slice the fennel bulb in half from root to stem. Trim off the stem and slice around the triangle-shaped core of each fennel bulb half. Then, chop each fennel half into 1/4-inch thick slices.
2. Remove the roots from the green onions and then slice them diagonally into 1/8-inch slices. Rough chop the Italian Parsley leaves.
3. Slice the green cabbage in half and cut around the core. Next, cut each cabbage in half into 1/4-inch-thick slices. Then, cut each slice into 1/4-inch strips. You should have about 10 to 12 cups of chopped cabbage.
4. Top with the Green Goddess Dressing (recipe can be found in BetterBody Foods online recipes). Toss the greens in the dressing.
5. Taste the greens about ten minutes after adding the dressing; add salt and pepper if necessary. If you are preparing the salad ahead of time, give it a big stir before serving, and add salt and pepper if necessary.
6. Enjoy your Green Goddess Salad!