



**Mixed Greens with Blueberry Ginger Dressing**  
*A powerhouse salad filled with healthy flavor*

6 cups coarse torn mixed greens & lettuce  
1 cup fine chopped kale, remove stems  
1 small avocado, pit, peel, chop  
1 cup chopped cantaloupe chunks  
1/3 cup fresh blueberries  
1/4 cup fresh chopped red onion  
3 Tablespoons roasted pistachios  
Mixed tiny fresh edible flowers, optional

**Blueberry Salad Dressing:**

1/4 cup fresh blueberries  
3 Tablespoons olive oil  
2 Tablespoons lime juice  
1 teaspoon lime zest  
1 teaspoon minced fresh ginger  
2 teaspoons honey  
1/2 teaspoon salt

1/4 teaspoon ground black pepper  
2 Tablespoons water or as needed

**Prepare Salad:** In a large bowl, toss coarse torn lettuce greens and kale leaves. Top with avocado, cantaloupe chunks, blueberries, and onions; toss to combine. Sprinkle with pistachios and garnish with fresh edible baby flowers.

**Prepare Salad Dressing:** In a small blender, combine the first 8 dressing ingredients. Add about 2 Tablespoons water; blend on high until smooth, about 30 seconds to 1 minute. Serve Dressing on the side or drizzle a small amount over prepared salad.  
Yield: serves 4-6

**About the Recipe:** Fresh fruits add a touch of sweetness and are health powerhouses. Tasty cantaloupe is packed with nutrients. In fact, it has the same amount of beta-carotene as carrots. A double dose of blueberries with their vivid blue or purple anthocyanin pigments, packs a load of antioxidant power. Isn't summer wonderful!