

## You Go Gungo Salad

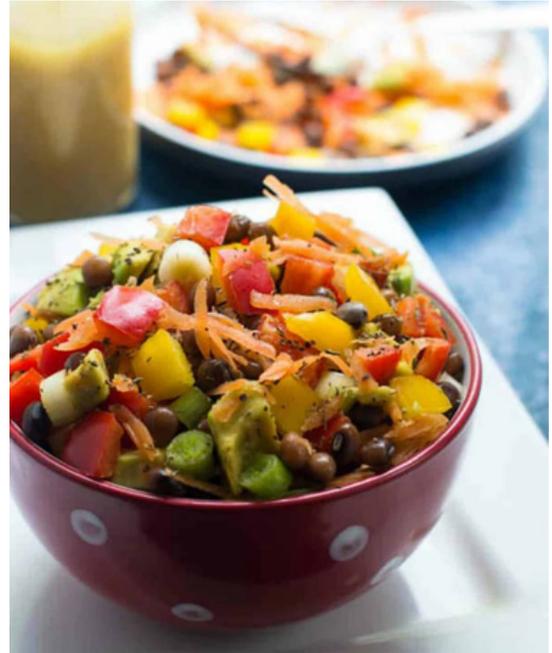
*Learn how to make this delicious, nutritional pigeon pea Caribbean Salad*

### Ingredients

- 1 cup of cooked pigeon/gungo peas or 2 cans drained
- 1 large carrot grated
- 3 scallions sliced
- 1 cup of sweet red and yellow bell, chopped
- 1 large avocado chopped.
- ¼ cup parsley

### Dressing

- ½ tsp turmeric
- 2 tsp of ginger minced
- juice of one lime
- 1/2 tsp of garlic granules or two small garlic cloves crushed
- 1/4 tsp of sesame seed oil
- 1 tbsp of extra virgin olive oil (optional)
- 1 tbsp. ground flax seeds
- 1 medjool or deglet noor dates or 1 tsp. powder monk fruit
- ⅓ tsp of coconut aminos alternative to soy
- ¼ to ½ cup chi tea (Spice tea of the Caribbean)
- a dash of Himalayan pink salt and black pepper
- ¼ cup cilantro or 1 tsp. thyme or 1 tsp. cumin



If you want to have this salad on the go, simply prepare then add to a mason jar and store in the fridge.

### Instructions

Chop vegetables in small cubes. Arrange all of the veggies in your favorite bowl Pour a generous amount of dressing over the entire salad and garnish with the chopped fresh cilantro and scallion. Enjoy as a side dish or delicious by itself.

**\*\*Double or triple the batch of dressing if required\*\***

### Notes

Make sure the avocados that you are using is firm and, not too soft.. The dressing is optional, if want to make this into a vinaigrette add balsamic vinegar. Dried beans are more cost effective but do require cooking. Frozen also require cooking time but is better than can.

- 2 cans can be used but make sure it is in water only and not sodium.
- Prep ahead of time by chopping up the vegetables and grating the carrot but don't prep the avocado until you are ready to *eat as oxidation darkens them.*
- If you want to have this salad on the go simply prepare then add to a mason jar and store in the fridge.