



Hemp Heart Salad

Ingredients

- 4 cups mixed greens (such as spinach, arugula, or romaine)
- 1 cup cherry tomatoes, halved
- 1 cucumber, sliced
- 1 avocado, diced
- 1/4 cup shredded carrots
- 1/4 cup feta cheese, crumbled (optional)
- 1/4 cup ESC hemp hearts
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Salt and pepper, to taste

Directions

1. In a large bowl, add the mixed greens, cherry tomatoes, cucumber, avocado, shredded carrots, and feta cheese (if using).
2. Sprinkle the hemp hearts over the salad for a boost of protein, healthy fats, and a nutty flavor.
3. In a small bowl, whisk together the olive oil, lemon juice, salt, and pepper.
4. Drizzle the dressing over the salad, toss gently to combine, and serve immediately.

Nutritional Facts	
Servings Per Batch	4
Serving Size	1 Salad
Amount per Serving	
Calories	300
Carbs	15g
Fat	24g
Protein	10g

*Nutritional Facts will vary depending on ingredients