



*Symmetry*

**Chiropractic**  
A different approach

The Community Resource Center For Optimal Health And Healing

**WEEKLY RECIPE**

**Buffalo Ranch Salad**



Combine the following ingredients, cover and refrigerate until ready to serve:

- 1/2 Head of Red Leaf Lettuce
- 1 Head of Butter lettuce
- 4-5 radishes sliced thin
- 1/2 bulb of fennel sliced thin (top removed)
- 1/4 of a red onion sliced thin

Optional Addition: Drizzle 2 small or 1 large Portobello mushroom with olive oil and season with salt and pepper. Broil them in a pre-heated broiler for 5-7 minutes (gill side up) or until mushrooms release liquid. Slice or dice the mushrooms and add to salad after tossing with dressing. Add

In a separate container prepare the following dressing:

- 1/2 Cup of Walden Farms Ranch/Blue Cheese Dressing
- 2 tsp. of Franks Red Hot
- 1/2 tsp. of apple cider vinegar
- LOTS of Fresh Cracked Black Pepper
- 1/8 tsp. Sea Salt
- 1/4 tsp. of dry thyme or roughly 1 tsp. of fresh thyme chopped fine

Toss all ingredients and set aside. This salad serves 2-4 people.

**A MESSAGE FROM DR B...**

When I make this recipe for myself, I combine the salad ingredients (minus the mushrooms), and keep covered and refrigerated for 2-3 days. This saves time and allows for a quick salad option for lunch or dinner. The dressing can also be made in advance and stored for days. It can be used as a dip for thick cucumber slices! Try putting the dressing in a blender with silken tofu to make it extra creamy and thick! Note: You will have to add extra seasoning when doing this. Please adjust to taste.

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Walden Farm products can be found at Nob Hill in Alameda (isle 16D) or at the Food Mill in Oakland. You can also purchase them on their website: [www.waldenfarms.com](http://www.waldenfarms.com)