

# Harvest Salad

## Ingredients

Harvest a variety of greens and herbs (whatever is available), kale, collard, lettuce, arugula, green onions, snow peas, basil and cilantro  
1 finely chopped clove of garlic  
1/2 kelp powder  
1/2 ground pepper  
Handful of cooked spaghetti squash (pre-cooked)  
1 grapefruit  
Pumpkin seeds



## Directions

Toss all greens together and chop well adding a finely chopped clove of garlic.  
Add kelp powder, ground pepper and handful of warm spaghetti squash. Mix well.  
Add more fresh pepper, kelp powder and other 1/2 of grapefruit on top.  
Sprinkle raw pumpkin seeds.

Courtesy from Dede Amescua-Wheat