

BROCCOLI SALAD

Serves 2 to 4

1 head broccoli, cut into bite-size pieces
1 cup diced celery
1 large red onion, diced
4 chopped scallions

Dressing:

1 $\frac{3}{4}$ cups water
2 celery stalks
1/3 cup olive oil (extra virgin, first cold pressed, and organic)
3 cloves garlic, peeled
 $\frac{1}{4}$ cup parsley
Pinch of Celtic sea salt
Pinch of cayenne

In a mixing bowl, combine all of the salad ingredients and mix well.

In a high-speed blender, combine the dressing ingredients and blend until smooth.

Pour the dressing over the salad, mix well, and chill 1 hour before serving.