

Mock Chicken Salad

This is really delicious stuffed in a large tomato or avocado.

Serves 4-6

Ingredients:

1/4 C sunflower seeds
1 C cashews
1 cucumber, peeled and seeded and cut into chunks
2 green onions, cut into smaller pieces
1 C pecans
1 celery stick, cut into chunks
1 t dried dill
1/4 t curry powder
juice of 1/2 a lemon



Preparation:

Put all ingredients in a food processor and pulse chop until everything is chopped medium to fine. Enjoy!

This recipe is from The Raw Table

Complements of Spirit Touch Living Light Center

<http://www.spiritouch.com>