

Thousand Island Garden Salad

9 ingredients · 10 minutes · 4 servings



Directions

1. Add the mayonnaise, yogurt, almond milk, crushed tomatoes, relish and mustard in a jar and shake until well combined.
2. Divide the lettuce, tomatoes and cucumbers into bowls or containers if on-the-go. Drizzle with your desired amount of dressing just before serving. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. For best results, store the dressing separately.

Nut-Free

Use dairy, soy, rice or oat milk instead of almond milk.

More Flavor

Add hot sauce, Worcestershire sauce or minced chipotle chile pepper to the dressing.

Make it Vegan

Use vegan mayonnaise.

No Coconut Yogurt

Use sour cream or Greek yogurt instead.

Ingredients

- 2 **tbps** Mayonnaise
- 1 **tbsp** Unsweetened Coconut Yogurt
- 1 **tbsp** Unsweetened Almond Milk
- 1/2 **cup** Crushed Tomatoes
- 3/4 **oz** Relish
- 1 1/2 **tsps** Yellow Mustard
- 1 **head** Green Lettuce (roughly chopped)
- 2 **Tomato** (chopped)
- 1 **Cucumber** (sliced)