



I Love West Coast SEAFOOD

California Sea Green Salad

10 min

CA

Serves 2-4

Ingredients

Dressing

1/4 cup tahini

1/4 cup pistachio oil

2 tablespoons water

1 tablespoon soy sauce

1 tablespoon rice vinegar

1 tablespoon maple syrup

2 tablespoons lemon juice

1 tablespoon lemon zest

1 garlic clove, minced

Salt to taste

Salad

0.75 ounce fresh sea lettuce

1 head romaine lettuce

1 avocado

1 carrot, julienned

1/4 cup scallions

1 apple, thinly sliced

4 ounces goat cheese

2 tablespoons sunflower seeds

Blanch sea lettuce by tossing into boiling water for 10 to 15 seconds. Rinse in ice bath immediately after removing.

Drain sea lettuce and squeeze out excess water.

Stir together dressing ingredients. Adjust amounts to taste.

Toss sea lettuce, romaine, arugula, carrots, and scallions with dressing and sprinkle with avocado, apples, goat cheese, and sunflower seeds.

Recipe by Jules Marsh, [National Seaweed Hub](#)

Species Group

Seaweed