Recipe of the Week

Spring Salad with Purslane & Honey Dressing

Ingredients:

Salad
• 2 cups leaf lettuce (Romain, spring mix, etc.), torn into pieces
• 2 cups purslane leaves, torn into pieces
• 2 cups spinach leaves, torn into pieces
• 10 radishes, sliced
• 1 cup strawberries, sliced
• 1 1/2 cups cannellini beans

Honey Dressing
• 1/2 tsp dry mustard
• 1/2 tsp salt
• 1/4 tsp pepper
• 2 Tbsp honey
• 1/3 cup cider vinegar
• 1/2 cup olive oil

Directions:
1. Place all dressing ingredients in a covered jar. Shake until well blended.
2. Combine all salad greens and the radishes in a salad bowl and toss. Pour dressing over greens and toss. Serve.

Serves 8
Nutrition: 200 calories, 15 g fat, 2 g saturated fat, 14 g carbohydrate, 3 g fiber, 3 g protein, 180 mg sodium
Source: Fruits & Veggies—More Matters