



*Simple,
Seasonal,
Sustainable*

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

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

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.



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