



Spring Salad

Makes 2 - 3 servings



Washington Farmers
Market Nutrition Program

Dressing:

- 2 teaspoons canola oil
- 2 teaspoons toasted sesame oil
- 2 tablespoons rice vinegar
- 1 tablespoon maple syrup
- 2 teaspoons Dijon mustard
- 1/2 teaspoon salt

Salad:

- 1/4 cup roasted **unsalted** peanuts
- 3 cups spinach or salad greens
- 1/8 cup red onion, finely sliced
- 2 to 4 radishes, thinly sliced

Directions:

1. Combine dressing ingredients.
2. Wash and dry spinach or lettuce and tear into bite-size pieces.
3. Add onion, radishes, and peanuts to spinach or lettuce.
4. Pour as much dressing over salad as desired and toss gently.



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Nutrition Facts	
Serving size: 1/4 of recipe (80g)	
Servings Per Container 4	
Amount Per Serving	
Calories 164	Cal. from Fat 115
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 2g	8%
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 10g	4%
Dietary Fiber 3g	10%
Sugars 3g	
Protein 5g	
Vitamin A 40%	Vitamin C 15%
Calcium 4%	Iron 8%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

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What Makes a Good Salad?

- The darker the salad greens the better! Try red or green leaf lettuce instead of iceberg. Bok choy, arugula, cilantro, cabbage and spinach leaves add wonderful flavor and nutrients to your salad.
- Experiment with fruit: add nectarine, peach or apple pieces for a nice burst of sweet flavor.
- Cooked beans, hard boiled eggs or nuts add texture and protein -- making your tasty salad more of a main meal than a side dish.
- Cut or tear your salad pieces small so that flavors can blend better.

This material funded by USDA's Food Stamp Program; the Farmers Market Nutrition Program; and Washington State University. Washington State University is an equal opportunity provider and employer.

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