



## *The Edible Garden*

Recipe featured at *Cooking for the Season* demonstration, July 8

### **Spinach Salad with a Creamy Vinaigrette**

By: Marisa Rendina of The New York Botanical Garden

#### **Ingredients**

##### *For the salad*

1 large bag baby spinach  
1 bag hearts of romaine lettuce, lightly chopped  
1 pint fresh raspberries  
½ pint fresh blueberries  
½ bag toasted walnuts  
1 log goat cheese  
Sprig of mint to garnish

##### *For the vinaigrette:*

½ cup of sour cream (can be substituted with plain or Greek yogurt)  
2 squirts Dijon mustard  
3 tablespoons balsamic vinegar  
Salt and pepper to taste

#### **Instructions**

- Begin by toasting the walnuts on the stove top in a skillet on medium to high heat for 3-5 minutes, until toasty or bake in the oven on a cookie sheet at 350 degrees for 8-10 minutes.
- While the walnuts are toasting, lightly chop the hearts of romaine and the baby spinach, if you wish. Add the raspberries, blueberries, and log of goat cheese, crumbled. You can also substitute with feta or blue cheese depending on your taste preference.
- After the walnuts are toasted, fold them into the salad.
- Now, for the dressing: Combine the sour cream, Dijon, and balsamic vinegar. Whisk or stir until the mixture is nice and creamy. Add salt and pepper to taste. The balsamic can be substituted with lemon juice, if you so desire.
- Once the dressing is ready, mix into the salad. Add a sprig of roughly chopped mint for added flavor. Enjoy!