

NYBG

EDIBLE ACADEMY FRESH FROM THE GARDEN TASTINGS



FALL GARDEN SALAD WITH HONEY MUSTARD DRESSING

Shared by Tania Rivera and Susanne Costa
Yield: 6–8 servings

Ingredients

- 10 lettuce leaves (from approximately 1 head lettuce)
- 1 bunch tender chard (6–8 leaves)
- 1 bunch bok choy or baby bok choy (6–8 leaves)
- 4 carrots
- 1 bunch (6–8) radishes
- 10–12 nasturtium blossoms, or to taste (optional)

For the dressing

- 2 tablespoons fresh lemon juice
- 1 tablespoon white wine vinegar or 365 Everyday Value® Organic Apple Cider Vinegar
- 6 tablespoons 365 Everyday Value® Extra Virgin Olive Oil
- 1 teaspoon 365 Everyday Value® Organic Dijon Mustard, or to taste
- 365 Everyday Value® Kosher Sea Salt and 365 Everyday Value® Ground Black Pepper, to taste
- 1 teaspoon 365 Everyday Value® Organic Mountain Forest Honey Light Amber, or to taste

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Instructions

For the salad:

Wash the lettuce, chard, and bok choy. Remove the tough stems from the chard. Cut all three types of greens into thin, ribbon-shaped slices. Place them in a bowl.

Peel and grate or dice the carrots. Wash and dice the radishes. Place them in the bowl. Place the nasturtium blossoms on top. Serve with honey-mustard dressing.

For the dressing:

In a bowl, whisk together the lemon juice, vinegar, and olive oil. Add the mustard, salt, and pepper, and whisk to combine. Add the honey, whisking again before serving.

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