

GET LOCAL

SPINACH SALAD WITH RADISHES AND WALNUTS provided by Dana Pulis

INGREDIENTS:

- 1 TBS freshly squeezed lemon juice (about 1 lemon)
- 2 tsp white wine vinegar
- Salt
- Freshly ground black pepper
- 1/4 C. extra virgin olive oil
- 5 oz. baby spinach leaves
- 4 medium radishes, thinly sliced
- MUFA: 1/2 C. walnut halves

METHOD

In a large bowl, whisk together the lemon juice and vinegar. Season to taste with salt and pepper. Whisk in the olive oil slowly.

When ready to serve, toss together the spinach and radishes and toss with the dressing to coat. Divide evenly among 4 salad plates and sprinkle each with 2 tablespoons of the walnuts.



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