Lunch

Harvest Salad with Fresh Mint Vinaigrette

A crisp salad of mixed greens, radishes, sugar snap peas, pepitas and pomegranate seeds tossed with a bright mint and apple cider vinaigrette.



Vegetarian

9 min	160	6 g	2 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1/4 cup apple cider vinegar
- [ ] 1/4 tsp salt
- [ ] 1 tsp Dijon mustard
- [ ] 2 tbsp olive oil
- [ ] 1 1/2 tbsp fresh mint (leaves, finely chopped plus more for garnish)
- [ ] 12 oz mixed greens (1 bag, mixed baby)
- [ ] 2 whole radishes (thinly sliced)
- [ ] 1/2 cup sugar snap peas (cut into 1/2-inch pieces)
- [ ] 1/8 tsp black pepper (freshly ground, to taste)
- [ ] 4 tbsp pepitas (toasted)
- [ ] 2 tbsp pomegranate seeds

Nutrition Facts

Per serving

Calories	**160**
Total fat	14 g
Saturated fat	2 g
Sodium	260 mg
Total carbs	6 g
Fiber	3 g
Total sugars	2 g
Protein	5 g

Method

- [ ] **1** Start the vinaigrette by combining the Apple Cider Vinegar with the salt in a small bowl or a lidded jar, whisking or shaking until the salt dissolves.
- [ ] **2** Whisk in the Dijon Mustard and olive oil, then give the jar a vigorous shake so everything blends into a smooth dressing.
- [ ] **3** Hold the fresh mint back until the moment you dress the salad, since the herbs will brown if they sit in the vinaigrette.
- [ ] **4** For the salad itself, combine the mixed greens, radishes and sugar snap peas in a large bowl along with half of the pepitas and half of the pomegranate seeds.
- [ ] **5** Spoon a few tablespoons of vinaigrette over the bowl and toss gently; the mixed greens should end up just barely coated rather than soaked.
- [ ] **6** Give it a taste and adjust the black pepper to your liking, then finish with the rest of the pepitas and pomegranate seeds just before serving.

diabic.com/recipes

Scan to open this recipe and its shopping list