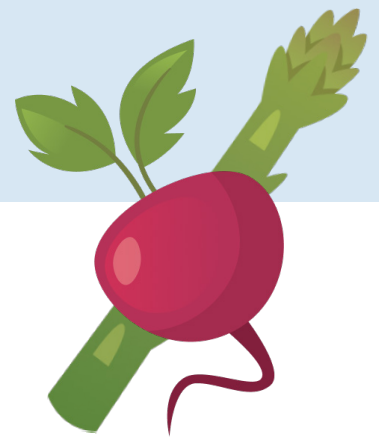






SPRING SALAD



Submitted by: Lisa Richards, The Candida Diet

SPRING SALAD INGREDIENTS

-  12 spears asparagus
-  3 cups spring greens
-  2 radishes
-  ¼ cup pumpkin seeds, shelled

DRESSING INGREDIENTS

-  1 tsp. dry mustard
-  1 Tbsp. shallot, finely minced
-  1 Tbsp. fresh tarragon, finely minced (or 1 tsp. dry tarragon)
-  3 Tbsp. apple cider vinegar
-  ¼ cup olive oil
-  Salt and pepper to taste

INSTRUCTIONS

With a vegetable peeler, peel asparagus stalks below the leaves, then cut stalks diagonally into 2 inch pieces.

In a saucepan over medium heat, add asparagus pieces, a good pinch of salt and water to just cover. Simmer asparagus until fork tender, remove to a plate, cool.

To prepare the dressing, put all the dressing ingredients into a jar, put a lid on the jar and shake well. You can refrigerate the unused portion.

To finish the salad, first put some Mustard Tarragon Dressing into a salad bowl. Next, add asparagus pieces, spring greens and thinly sliced radishes. Toss salad to dress thoroughly. Sprinkle with pumpkin seeds, serve.



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