



SIDES | PEAK SEASON: Winter

Spring Crunch Salad with Apples & Radishes

Recipe by: Kiandra Call

Crisp greens, sweet apples, peppery radishes, and tender pea shoots and tossed in a light, refreshing vinaigrette.

Nutritional Info

Makes 2 servings

Calories: 140

Carbs: 18g

Fiber: 4g

Protein: 2g

Fat: 8g

Sugar: 11g (Natural sugars in apple)

Sodium: 120g

Ingredients

Salad

- 3 cups of salad mix
- ½ cup of pea shoots (micro greens)
- 1 apple, thinly sliced, or diced into bite sized pieces.
- 4 radishes, thinly sliced

Simple Vinaigrette

- 2 tbsp of olive oil
- 1 clove of minced garlic OR 1 tablespoon of pre-chopped garlic
- 3 tbsp of apple cider or red wine vinegar
- Pinch of salt and Pepper

Instructions

1. In a large bowl combine salad mix, pea shoots, apples and radishes
2. In a small jar, add olive oil, garlic, vinegar and salt and pepper. Use a tight fitting lid and secure well, shake jar to make the vinegar and oil emulsify (combine).
3. Drizzle dressing over salad just before serving and toss gently.

Additional Info

- Apples and radishes provide fiber. to support gut health and blood sugar balance.
- Pea Shoots add vitamin C and plant compounds that support the immune system.
- Add beans, grilled tofu or chicken for protein
- Sprinkle with sunflower seeds or chopped pecans for healthy fats.
- Serve with roasted sweet potatoes to create a balanced plate.
- You can double the vinaigrette recipe and store the leftovers in the fridge for future use up to 4 days. Make sure to label and date before storing.

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