

Watercress Salad

May 2020

Harvest of
the Month 

INGREDIENTS:

- 3 cups mixed salad greens
- 2 cups chopped watercress
- ½ cup chopped red onion
- 5 cherry tomatoes cut in half
- 1 Tablespoon lemon juice
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2 Tablespoons olive or vegetable oil
- 1 ½ Tablespoon apple cider vinegar

DIRECTIONS:

1. Place rinsed mixed greens and chopped watercress into large salad bowl.
2. Add onion and tomatoes.
3. In a new bowl make the dressing. Mix the olive oil, vinegar, salt, pepper, and lemon juice.
4. Add dressing to salad and toss.

RECIPE TIPS:

- Choose smooth radishes, brightly colored, with bright green tops.
- Store unwashed radishes with greens removed in a plastic bag, with a paper towel.
- Enjoy small, leafy radish leaves in salads. Use the tougher, larger leaves in cooking.



SERVING SIZE: 1/2 cup
SERVINGS: 4
PREPARATION TIME: 15 minutes
READY IN: 15 minutes

Nutrition Facts

Amount Per Serving	
Calories	90
Total fat	7g
Saturated fat	0g
Cholesterol	0mg
Sodium	190mg
Total Carbohydrate	5.5g
Fiber	1.3g
Sugar	0g
Includes 0g of Added Sugars	
Protein	4.75g
Phosphorus	30mg
Potassium	165mg