# **Watercress Salad**

## May 2020

### **INGREDIENTS:**

3 cups mixed salad greens

2cups chopped watercress

- ½ cup chopped red onion
- 5 cherry tomatoes cut in half
- 1 Tablespoon lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 Tablespoons olive or vegetable oil
- 1 ½ Tablespoon apple cider vinegar

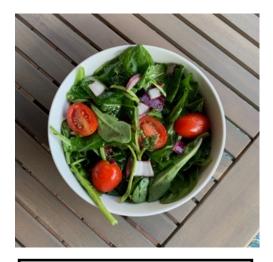
### **DIRECTIONS:**

- 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



