

Recipe

Spring Mix Salad and Dressing

By

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Ingredients

Salad:

- 20oz/550g fresh salad greens (like green romaine lettuce, red romaine lettuce, green oak lettuce, baby spinach, red swiss chard, radicchio etc.)

Dressing:

- 1 C olive oil
- ½ C lemon juice
- ¼ Tsp black pepper
- ½ Tsp yellow asafetida powder
- ½ Tsp yellow mustard powder
- ¼ Tsp paprika
- ¼ Tsp cayenne pepper
- 1 Tsp cumin powder
- 1¼ Tsp salt
- 3 Tbsp tahini (sesame paste)
- 2 Tbsp tomato puree
- 7-8 fresh mint leaves (or 2 Tsp dried mint leaves)

Preparation

1. For the salad; wash the greens and pat dry.
2. For the dressing; combine all the ingredients and process until smooth in a blender.
3. Pour a few spoonfuls of dressing over the salad and serve.

Serves

4-5

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Hare Rama Hare Rama Rama Rama Hare Hare