

Taste of Summer Salad



DelFresco
Pure

Yield: 2 servings

Prep Time: 15 minutes

Total Time: 15 minutes

Get the taste of summer everyday with this dreamy strawberry and microgreen filled salad!
Packed with nutrient rich foods, this salad will make you feel like its summer all year long!

Ingredients:

- 2 packages LivingCube™ Fire & Ice microgreens
- 1 package YES!Berries Your Everyday Snack!® strawberries
- 2 tbsp pistachios
- 1 ear of corn
- 2 tbsp red wine vinegar
- 1 tbsp olive oil
- 1 clove garlic, pressed
- 1½ tsp mint, finely chopped
- Sea salt
- Black pepper

Directions:

1. In a bowl, combine olive oil, red wine vinegar, mint, garlic, and a pinch of salt. Place in refrigerator.
2. Assemble the salad by combining the microgreens, strawberries, and pistachios in a large bowl.
3. Add in the salad dressing.
4. Toss well and serve!

Cooking Tips:

This taste of summer salad can be explored in many ways! Add in our greenhouse grown cucumbers and tomatoes if you are feeling to get an even larger taste of freshness!



Nutrition Facts:

Serving Size: 1, Servings Per Recipe: 2, Amount Per Serving: Calories 195, Total Fat 10g (13% Daily Value), Saturated Fat 1.4g (7% Daily Value), Cholesterol 0mg (0% Daily Value), Sodium 80mg (3% Daily Value), Potassium 669mg (14% Daily Value), Carbohydrate 26.1g (9% Daily Value), Dietary Fiber 6.2g (22% Daily Value), Sugars 8.5g, Protein 4.8g.

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