



### **Features #1 Veggie Power Star Watercress**

#### **Go Green Country Field Salad**

2 Tablespoons olive oil  
2 Tablespoons fresh lemon juice  
1 small inner white frisee head  
2 cups mixed spring mix leaves with arugula or spinach  
2 cups tender inner white leaves of frisee, torn into pieces  
1-1/2 cups watercress leaves  
1/4 cup minced shallots or tender young green onions  
1/2 cup minced tender celery ribs and leaves  
2 Tablespoons chopped fresh parsley  
2 Tablespoons chopped cilantro  
3 small tender radishes, trim; thinly sliced  
1/2 small bulb fennel, trimmed, half lengthwise, thinly sliced crosswise  
1/2 cup thin sliced mini cucumbers  
1 to 2 Tablespoons sunflower kernels  
Salt and black pepper to taste  
1 boiled egg, peeled, sliced  
Paprika as desired  
Salt and freshly ground black pepper as desired

Whisk oil and lemon juice together in a small bowl. Lightly toss very small frisee head with 2 teaspoons dressing. Set aside.

Place mixed spring leaves, frisee leaves, watercress, onions, celery, parsley, cilantro, radishes, fennel, cucumbers, and sunflower kernels in large bowl. Toss with remaining prepared lemon dressing. Season to taste with salt and pepper.

Place salad in large serving bowl; place frisee in center of salad; top with egg slices; sprinkle eggs lightly with paprika. Serves: 4

**Cook's Note:** You can use any of your favorite lettuce leaves or other greens for this salad. It's a mix, toss, and serve salad.

Recipe inspired by: <http://www.saveur.com/article/Recipes/Crunchy-Spring-Salad>

**About the Recipe:** Light, refreshing and full of field greens. The salad is easy to make, using all those fresh green veggies in your refrigerator. Toss with a lemon dressing, garnish with a few slices of boiled eggs, and sprinkle with a touch of paprika for color.