



### **Spring Microgreens & Radish Salad**

*Super quick to prepare for two and full of healthy goodness*

- 6 ounces trimmed fresh radishes
- 2 Tablespoons (1/2-inch) sliced fresh chives or thin green onions
- 1/2 Tablespoon avocado oil
- 1 Tablespoon finely chopped crystalized ginger
- 1 Tablespoon fresh orange juice
- 1/4 teaspoon grated (each) orange zest; lemon zest
- 1 Tablespoon fresh lemon juice
- 1/8 teaspoon salt or to taste
- 1 to 1-1/2 cups fresh mixed fresh microgreens, washed

1. Cut the trimmed radishes in half lengthwise and then into 1/4 inch wedges. If radishes are very large, cut in half first; then lengthwise, and into wedges. Place in small bowl with fresh chives.
2. In another small container combine oil, ginger, orange juice and zest, lemon juice and zest. Add salt to taste. Set aside for a few minutes to soften the ginger and combine the flavors.

3. Pour dressing over the radish salad; toss and mix well; let sit for about 15 minutes or ready to use. The radishes will release liquid into the dressing.
4. Place half of the microgreens into the radish salad; toss to coat with dressing.
5. **To Serve:** Place remaining microgreens in a small salad bowl; with a slotted spoon, place the radish mixture over the greens; drizzle some of the radish juices over the salad as desired. Yield: Serves 2

**Cook's Note:** If you need more servings, double the recipe. I used a superfood blend of microgreens that I ordered from *The Chef's Garden*.

**About the Recipe:** Spring radishes have a mild heat and great flavor. This salad combines microgreens that are packed with nutrition and mild peppery radishes. The dressing adds some crystallized ginger along with the citrus juices. It's super easy to prepare and serve.