

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Tossed Green Salad w/ Crunchy Spring Vegetables & Herbs

Substitute, delete or add other vegetables, herbs and greens in this vegetarian salad. A few possibilities to consider: baby spinach, arugula, spring mix, Belgian endive, radicchio, thinly sliced carrots, asparagus or fennel, diced avocado, fresh dill, mint, cilantro, chives, oregano, etc.

4-6 servings

Active time: 15 minutes

2 mini cucumbers or a third of an English hot house cucumber, quartered and thinly sliced

2 tablespoons seasoned lite rice vinegar

1 tablespoon red wine vinegar

Salt and freshly ground pepper

1/3 cup thinly sliced scallions

1/3 cup radishes, trimmed, halved and very thinly sliced

1/2 cup jicama, peeled, julienne cut

1/3 cup finely chopped fresh parsley

1/4 cup basil chiffonade

1 bunch watercress, washed, dried, stems removed (3½ - 4 cups)

7-8 cups baby romaine or other greens, halved and sliced

2 ounces crumbled soft goat, feta or blue cheese or freshly grated Pecorino or Parmesan (optional)

3 tablespoons extra-virgin olive oil

Salt and freshly ground pepper to taste

1. In a large bowl, toss the cucumber slices with the rice vinegar, red wine vinegar, salt and freshly ground pepper. Let the cucumber marinate while you prepare the rest of the vegetables and greens.
2. As each vegetable, herb and green is prepared, add it to the bowl on top of the marinating cucumbers.
3. Add the optional cheese.
4. Drizzle the salad with the olive oil. Sprinkle with salt and freshly ground pepper.
5. Just before serving, toss the salad and adjust the salt and freshly ground pepper to taste.