

FRESH HERBS WITH RADISH AND PUMPKIN SEEDS



Michigan Restaurant & Lodging Association
EDUCATIONAL FOUNDATION

MRLAEF

Ingredients

3 Tbsp lemon juice
1 tsp honey
1/4 tsp black pepper
1/4 tsp salt
3 Tbsp olive oil

2 lbs. carrots
5 large radishes, or more
4 cups herbs, any mixture of fresh green herbs like parsley, basil, mint, dill, cilantro etc.
1/2 cup chopped chives.

1/2 cup toasted pumpkin seeds.

Directions

Wash and peel, (optional) the carrots, grate, or shave into long strips. Wash the radishes, slice thinly. Wash and dry the herbs- salad spinner works great for this. Tear into bite size pieces if necessary

Whisk lemon juice, honey, pepper, and salt until honey is dissolved, then slowly whisk in the olive oil.

Toss the carrots and radishes together with the dressing, then add the washed greens and chives.

Sprinkle on the pumpkin seeds

Nutritional Information

Calories per serving

Total Fat

Saturated Fat

Cholesterol

Sodium

Total Carbohydrates

Dietary Fiber

Protein

Servings 6

189 kc

2.9

1.8

0

25mg

18g

5.3

4.9gm