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Low Sodium Seasonal Mixed Green Salad

Serves 4

Ingredients:

4 TBSP pumpkin seeds
4 TBSP pistachio nuts
1 TBSP maple syrup
freshly ground black pepper
½ lb. mixed seasonal green vegetables

Dressing:

2 TBSP tahini
Juice of 1 lemon
2 tsp maple syrup
1 TBSP extra virgin olive oil

Preparation:

1. Preheat the oven to 375°. Put the seeds and nuts on a baking tray, pour over the maple syrup and season with a good pinch of pepper. Toss so that everything is coated in the syrup, then roast in the oven for 10 minutes. Take it out of the oven and let it cool a little.
2. While the seeds and nuts are roasting, make your dressing by mixing all the ingredients together in a little bowl or jug with a good pinch of pepper.
3. Blanch your greens in a big pot of boiling water for 30 to 60 seconds, depending on thickness of vegetable, (i.e. kale 30 seconds, broccoli or green beans 40 seconds, asparagus 60 seconds).
4. Once your greens are blanched, drain them well and place in a serving bowl or on a platter. Pour over the dressing and toss everything to coat, then top with the roasted seeds and nuts and serve right away.



Food Fairy Note: