

TODAY'S MAIN INGREDIENT



Salad with Daikon

FOR THE SALAD:

- 1 cup julienned daikon (slice root on an angle, then cut into julienne)
- 8 cups spring mix, baby spinach, or your favorite salad greens
- 4 to 5 green onions, including tender green stems, sliced into ½-inch pieces
- 1 cup freshly sliced apple or pear, or canned mandarin oranges
- 1/3 cup toasted almond slivers

FOR THE DRESSING:

- 2 Tablespoons vegetable oil
- 3 Tablespoons honey
- 2 Tablespoons rice wine vinegar
- 1 Tablespoon orange juice
- 1/2 teaspoon soy sauce
- 1/4 teaspoon freshly grated ginger or to taste
- Sprinkle of salt

STEP 1 – Place the cut daikon in a strainer and sprinkle lightly with salt, allowing the moisture to drain, until ready to use.

STEP 2 – Place greens on a large platter. Top with green onions, sliced fruit, daikon, and almonds.

STEP 3 – Mix together (emulsify) all the dressing ingredients with a wire whisk.

STEP 4 – Pour over the salad, toss and serve!