

THE MARKET

SUMMERFIELD FARMS

MICROGREEN SALAD

INGREDIENTS

1 cup Summerfield Farms Certified Organic Microgreens

1 blood orange, peeled and cubed

1/2 avocado, peeled and cubed

1/2 cup shredded carrot or daikon radish

1/4 cup chopped walnuts

FOR THE DRESSING

1 tablespoon cold-pressed olive oil

1 tablespoon lemon juice

1 clove hand chopped garlic (optional)

a dash of salt and pepper

DIRECTIONS

Combine ingredients in a serving bowl.

Stir up the vinaigrette in a small jar and pour over salad.