

Springy Radish Salad with Lime Dressing

BY BEAUTIFUL INGREDIENT

EASY
REFINED SUGAR-FREE
OIL-FREE



LIME DRESSING INGREDIENTS

6-7 tablespoons date syrup*

*MAKE AHEAD: For the date syrup, soak 6 medjool dates in 1 cup of water for at least one hour, then blend the water and dates in a blender until smooth.

1/3 cup apple cider vinegar

zest of 1 lime

Juice of 1/2 lime

DRESSING METHOD

1. Make the date syrup at least one hour before (see above).
2. In a small mason jar or bowl, combine all dressing ingredients, starting with 6 tablespoons of date syrup.
3. Put the lid on and shake it up, or stir well if using a bowl. How 'bout some music? Shake it to the beat!
4. Give it a taste and add more syrup if needed.
5. Set it aside or in the fridge while you make the salad.

SPRINGY RADISH SALAD INGREDIENTS

1/3 cup raw cashews

1 bunch medium-large round radishes (about 10)

2 carrots, peeled and julienned

1 bok choy, trimmed and chopped, white and green parts

2 cups sturdy greens, such as romaine or butter lettuce, torn or chopped

1/2 cup cilantro, chopped

1/8 cup mint, chopped

zest of 1 lime

7 tablespoons lime dressing

Servings: 2 mains or 4 sides

Soak Ahead Time: At least one hour before/max one day before

Dressing Time: 5 minutes

Salad Time, Prep & Serve: 25-30 minutes

SALAD METHOD

1. CASHEWS: Heat a small pan over medium heat. When hot, reduce to medium-low and add the cashews to the pan. Keep checking on them as you make the salad, giving the pan a shake to flip them. Once toasted, remove from heat and set aside.
2. WASH, DRY & PREP all the vegetables and herbs except the radishes.
3. SPIRALIZE: Slice off both ends of the radish. If wanting two different spirals, divide the radishes into two groups. Choose a blade for your spiralizer, then place your radish greens end first. Spiralize, then set aside the radish "tube" and "toadstool" that you will be left with. Repeat with the remaining radishes in that group, then switch blades and finish all radishes.
4. TOADSTOOL & TUBE: The radish "leftovers" shaped like a tube and toadstool. If preferred, you can keep the cute toadstool shapes to top the salad with.
5. DRESS THE RADISHES: Combine the radish variations in a medium bowl. Shake the salad dressing and add 2 tablespoons. Toss the radishes with the dressing.
6. DRESS THE SALAD: Combine the greens and carrots in a large bowl. Shake the salad dressing and add 5 tablespoons. Toss the salad with the dressing. Taste and add more dressing if necessary.
7. FINISH: To serve, place the dressed greens and carrots in the serving bowl or dish and top with the dressed radishes. You may want to break apart some super long spirals to evenly disperse. Top with the cilantro, mint, lime, and toasted cashews.

I use organic ingredients whenever possible for more nutrients, flavor, fewer toxins, and to support organic farmers. It's what I want in the world, so I vote with my dollar. Experiment: If money that would normally be spent on processed foods went to the best organic, fresh, real food ingredients available, notice if your body prefers the change. Real food can be quick, easy, and even fun to make, like this recipe.