

Watercress & Arugula Salad

Recipe modified from Food52.com

4 cups fresh arugula leaves, loosely packed
2 cups fresh watercress leaves, loosely packed
1 apple, medium, match-stick sliced
½ cup pepitas
½ cup dried cherries
3 tablespoons parsley leaves
Salt to taste, if desired
Freshly ground pepper to taste
Lemon tahini dressing (see recipe below)

Directions:

Trim arugula and watercress leaves, rinse and pat dry, then place greens in a salad bowl. Add in the apples, pepitas and cherries. Toss all ingredients with lemon tahini dressing and serve immediately.

Lemon Tahini Dressing:

Makes 1- 1/3 cups

½ cup tahini
2/3 to 3/4 cups water (as needed)
3 tablespoons fresh lemon juice
2 teaspoons lemon zest
1 clove garlic, minced
1 tablespoon olive oil
¾ teaspoon sea salt (or to taste)
¼ cup parsley
Black pepper to taste

Directions:

Whisk or blend all ingredients together, starting with 2/3 cup water and adding more until you reach a desired consistency. Dressing will keep 5 to 6 days in the refrigerator.

Class recipes can be found at www.evergreenhealth.com/recipes