

Tender Greens + Herbs with Champagne Vinaigrette

This vibrant salad celebrates the power of simple, seasonal ingredients. Peppery arugula, tender lettuces, and fresh herbs provide a rich source of vitamins, minerals, and phytonutrients, while pistachios and chick peas contribute heart-healthy fats, plant protein, and satisfying crunch. Finished with a bright champagne vinaigrette, it's a refreshing, flavor-forward dish that beautifully complements any meal.

INGREDIENTS

5 ounces baby arugula
5 ounces butter lettuce, torn into bite-sized pieces
1/2 cup flat leaf parsley leaves
1/2 cup dill fronds
1/4 cup mint leaves
1 large watermelon radish, thinly sliced with a mandolin
1/2 cup shelled pistachios
1 cup Biona chick pea snacks
1 lemon, zested only
flaky sea salt, for finishing
freshly ground pepper, to taste

DRESSING

1/4 cup champagne vinegar
1 lemon, juiced
1 teaspoon Dijon mustard
1 teaspoon honey
1/2 cup extra virgin olive oil
salt, to taste
pepper, to taste

SERVES

6

TIME

10 MIN

SPECIAL EQUIPMENT

Ball jar with lid

STORAGE

Extra dressing can be stored in an airtight container in fridge for 2-3 weeks

METHOD

1. In a small bowl or jar (even a blender), whisk together the champagne vinegar, lemon juice, Dijon, and olive oil. Add salt and pepper to taste.
2. In a large serving bowl or on a wide platter, gently combine the arugula, lettuce, parsley, dill, mint, and radishes. Then lightly dress with enough vinaigrette to coat without weighing down the greens.
3. Transfer to a serving platter if using a bowl for tossing.
4. Scatter the chopped pistachios and crispy chickpeas over the top just before serving. Finish with fresh lemon zest, a pinch of flaky sea salt and several grinds of black pepper.