

Spring Greens Salad

This combo of spring greens helps to cool and balance the liver.

Salad:

- 1 bunch of watercress, torn into bite sized pieces
- 5 cups of mixed baby lettuce
- 1 cup romaine lettuce, torn into bite sized pieces
- 1 cup of dandelion leaves, torn into bite size pieces
- 1 cup sprouted mung beans
- ½ cup mint leaves, shredded
- 2 oranges, peeled and sectioned
- ½ cup pine nuts, lightly toasted

Dressing:

- juice of one lemon
- 2 Tbsp. honey
- 2 Tbsp. extra virgin olive oil
- ½ tsp. salt
- 1 Tbsp. Dijon mustard
- pinch of oregano
- 1 clove garlic, minced

To toast pine nuts, place them in a heavy skillet over medium heat. Stir constantly until the nuts are lightly browned and becoming fragrant. Be careful – nuts are easily burned and will be VERY hot to touch.

To make dressing, combine all dressing ingredients (lemon juice through garlic) in a jar with a tight fitting lid. Shake until well combined and adjust salt to taste. (this also works well in a small blender or food processor - puree until well combined).

Toss all of the greens in a large bowl. Add oranges, pine nuts, and dressing. Toss together and serve immediately. Makes about 4 servings.