

Farm Market Recipe



Big Beautiful Summer Salad

Ingredients:

- 3 small golden beets, peeled and trimmed
- 2 small ripe avocados
- 1 cup chopped fresh herbs (such as tarragon, dill, parsley, chives and/or cilantro)
- ½ cup plus 2 tablespoons low-fat buttermilk
- 2 tablespoons water
- 1 small garlic clove
- 2 tablespoons plus 4 teaspoons fresh lemon juice, divided
- ¾ teaspoon salt, divided
- 8 cups chopped romaine lettuce
- 1 (15.5 ounce) can no-salt-added chickpeas, drained and rinsed
- 1 cup lightly packed microgreens (such as pea shoots)
- 1 cup fresh corn kernels (from 2 ears)
- 1 cup frozen edamame, thawed
- 1 small watermelon radish, halved and thinly sliced on a mandoline (about ¼ cup)
- 2 tablespoons extra-virgin olive oil

Directions:

1. Wrap beets together in 1 sheet of microwavable parchment paper. Microwave on High until tender, 10 to 12 minutes. Let cool for 5 minutes. Cut each beet into 8 wedges.
2. Meanwhile, cut 1 avocado into 12 wedges. Chop the remaining avocado.
3. Combine herbs, buttermilk, water, garlic, 2 tablespoons plus 2 teaspoons lemon juice and ¼ teaspoon salt in a blender. Puree until smooth, about 10 seconds, stopping to scrape down sides as needed. Add the chopped avocado; process on medium speed until blended and smooth, about 30 seconds, stopping to scrape down sides as needed.
4. Arrange romaine on a large platter. Top with chickpeas, microgreens, corn, edamame, radish slices, beet wedges and avocado wedges. Drizzle with oil and the remaining 2 teaspoons lemon juice; sprinkle with the remaining ½ teaspoon salt. Spoon the buttermilk dressing over the salad.

Nutrition Facts:

Servings: 6 Serving Size: 2 cups salad & 2½ Tbsp. dressing

Per Serving: calories 292; carbohydrates 31g; dietary fiber 11g; total sugars 8g; protein 11g; total fat 16g; saturated fat 2g; cholesterol 1mg; vitamin A 6098IU; vitamin C 22mg; folate 323mcg; sodium 400mg; calcium 116mg; iron 3mg; magnesium 84mg; potassium 920mg

Recipe from Eatingwell