

MORTON & BASSETT SPICES®

Very Spring Salad with Blood Orange Dressing



- 1 cup red chard, roughly torn
- 2 cups butter lettuce, roughly torn
- 1 cup spinach, chopped
- ½ cup watercress
- 2 spring onions, thinly sliced
- 3 purple carrots, cut into ribbons
- 1 cucumber, cut into ribbons
- ½ cup peas in the shell
- 3 blood oranges, juiced
- ¼ cup olive oil
- 1 tablespoon honey
- ½ teaspoon Morton & Bassett Organic Ground Ginger
- ¼ teaspoon Morton & Bassett Organic Dill Weed
- ½ teaspoon Morton & Bassett Organic Tarragon
- 1 teaspoon Morton & Bassett Organic Sesame Seed
- 1 teaspoon salt
- 2 tablespoons hemp seeds

Combine all vegetables into a large salad bowl. Set aside. In a small bowl, combine blood orange juice, olive oil, M&B Organic Ground Ginger, M&B Organic Tarragon, M&B Organic Dill Weed, honey, and salt. Mix thoroughly and pour over salad. Top salad with M&B Organic Sesame Seed and hemp seeds.

Servings: 4 | Time: 15 minutes



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