

# Spring Anti-inflammatory Salad



## INGREDIENTS

Butter lettuce  
Watermelon radish  
Watercress  
Shaved asparagus  
Pomegranate seeds  
Grilled zucchini (with dressing on it)  
1 Package Pineapple Ginger Fusion

**Lemon Turmeric Dressing:**  
1 cup plain yogurt  
2 tablespoons EVOO  
1 fresh lemon juice and zest  
1 clove garlic  
1 ½ tsp turmeric  
salt and pepper  
1 ½ tsp ginger, paprika or chili powder

## INSTRUCTIONS

1. Layer lettuce, radishes and in-season veggies/fruits in a salad bowl
2. In a separate bowl, whisk together all of the dressing ingredients, adding the EVOO (extra virgin olive oil) last
3. Top the salad with the dressing
4. In place of croutons, add pineapple ginger fusion clusters
5. Enjoy!

Of course you can use any kind of lettuce or in-season veggies and fruits all year round.

## Superfood Highlight: Turmeric

- Turmeric has been used for centuries to fight inflammation.
- Turmeric is actually super versatile despite its strong color and flavor. It doesn't need to be spicy like curry all the time, it can be paired with cumin and coriander for a more earthy tone, or with cinnamon and ginger in a golden milk latte for a sweeter, warmer flavor.
- The important thing is that you incorporate some sort of turmeric in your diet, preferably daily, because of its

anti-inflammatory properties. Turmeric contains naturally a compound called curcumin and that's what really holds the anti-inflammatory power.

- You want to eat inflammation-reducing foods because chronic inflammation is natural in our bodies and even created by some foods we normally eat, and it can do damage to your body like buildup plaque in your arteries and cause chronic conditions like diabetes or potentially cancer.