

ISLAND GROWN

HARVEST ^{OF} THE MONTH

- April -

SALAD GREENS

PEA SHOOT, PEA, WATERCRESS AND ARUGULA SALAD WITH FETA CHEESE

4 oz. pea shoots
1 bunch watercress, stems removed
1 bunch arugula, stems removed
1/2 C. Frozen green peas, thawed
3/4 C. Feta cheese, crumbled
1/4 C lemon juice
1/2 C olive oil
1 TBL. Mint, chopped
1/4 tsp. Salt
A pinch of ground black pepper
Bean sprouts
Mint leaves, chives, cilantro

In a small bowl combine lemon juice, salt and black pepper, whisk in olive oil.

Put washed trimmed greens into a large bowl and toss with dressing. Top salad with green peas, chopped mint and crumbled feta cheese.

Recipe by Robin Forte



For more information visit

ISLANDGROWNSCHOOLS.ORG/HARVEST-OF-THE-MONTH