



# Recipes

## Salads

### **Light and Simple Salad**

*Prep Time: 5 minutes*

*Yield: 4-6 servings*

**Ingredients:**

4-6 large handfuls of mesclun salad mix  
1/4 cup roasted sunflower or pumpkin seeds  
6 red radishes, thinly sliced

**Directions:**

1. Toss all ingredients.
2. Serve with the dressing of your choice.

**Variations:**

Add grated carrot, thinly sliced cucumber or celery.