

Spinach and Garden Vegetable Salad

the California Culinary Academy

Servings: 6



Served with whole-grain bread and a glass of white wine, this hearty salad can be a meal in itself.

Ingredients

$\frac{3}{4}$ pound spinach
6 ounces mushrooms, sliced
2 medium carrots, thinly sliced
1 cup cherry tomatoes, halved
2 cups alfalfa sprouts
 $\frac{1}{2}$ medium cucumber, thinly sliced
 $\frac{1}{4}$ cup sunflower seeds, roasted
-----**Tangy Yogurt Dressing**-----
 $\frac{2}{3}$ cup yogurt
 $\frac{1}{3}$ cup mayonnaise
2 teaspoons Dijon mustard

Cooking Method

Remove and discard stems from spinach.

1. In a salad bowl combine spinach, mushrooms, carrots, tomatoes, sprouts, and cucumber.
2. Add Tangy Yogurt Dressing and mix lightly; or, if you wish, place salad mixture in individual salad bowls and divide dressing evenly among them.
3. Sprinkle with sunflower seeds. Garnish with radish roses.

Tangy Yogurt Dressing:

1. In a small bowl mix yogurt, mayonnaise, and mustard until smooth and well combined.
2. Mix in onions and garlic.
3. Cover and refrigerate for 1 hour or longer to blend flavors.