

PVI

Enabling Seniors to Age in Place

Spring Greens with Peas, Fennel and Radish

By Stephanie Figeira, Director of Nutrition Services

<i>Ingredients</i>	<i>Instructions</i>
<ul style="list-style-type: none">• 2 Tbsp lemon juice• 1 Tbsp raw apple cider vinegar• 2 Tbsp olive oil or avocado oil• 1 clove garlic, chopped or crushed (more to taste)• 1/4 tsp black or white pepper• Healthy pinch of sea salt• 2 cups mixed seasonal greens• 1 cup fresh peas• 1 cup thinly sliced fennel• 1/4 to 1/2 cup thinly sliced radishes• 1/4 cup toasted walnuts• 1.5 ounces aged sheep milk cheese or soft cheese of choice (optional)	<ol style="list-style-type: none">1. Combine first 6 ingredients in bottom of large bowl and whisk to combine.2. Add the next 4 ingredients, reserving the walnuts and cheese.3. Toss to combine and let salad rest for 5 minutes to combine flavors.4. Add walnuts and cheese if using and serve.

Health Notes

Green Peas: A balancing food to the digestive system. High in B vitamins and folate which help digest fats, proteins, and carbohydrates. Peas also provide antioxidant protection.

Fennel: Supports the proper function of the immune system with antimicrobial properties and vitamin C.

Radish: Antifungal and antibacterial; supports removal of toxins and aids digestion. In many European cultures radishes are eaten after meals, especially after large fatty meals.