

# Shelley's Garden Delight

## Soups & Salads



## ingredients

### Salad Content:

<b>6 pc</b>	large kale leaves
<b>5pc</b>	large arugula leaves
<b>3pc</b>	large beet top leaves
<b>15 pc</b>	lemon balm leaves
<b>20 pc</b>	mint leaves
<b>10-15 pc</b>	rosemary leaves
<b>20 pc</b>	thyme leaves
<b>1/2 cup</b>	craisins
<b>1/3 cup</b>	pumpkin seeds

### Dressing:

<b>1/2 pc</b>	lemon, juiced
<b>2 Tbsp</b>	maple syrup pure
<b>1 Tbsp</b>	spicy mustard (ie Dijon)
	pepper to taste
	extra virgin olive oil (add to desired consistency)

## instructions

- Wash all leafy greens and herbs and pat dry. Separate the broad leafs of the kale, arugula and beet tops from their stems and discard stems. Tear the broad leaves into small (bite-sized) pieces. Separate the leafy herbs from their stems and chop into small sizes (to release the flavours)
- Combine all greens in a bowl and add the craisins and the pumpkin seeds
- Prior to serving the salad blend the dressing ingredients together and pour lightly over the greens mixture (do not saturate). Toss so it evenly and "lightly" coats the salad mixture.

