



SHAVED PARSNIP & RADISH ARUGULA SALAD WITH SPRING ONION & HORSERADISH VINAIGRETTE

Recipe by Natural Gourmet Institute

SERVES 6-8

Ingredients:

1 spring onion*, minced
2 thin stalks green garlic*, white ends minced (about 1 tablespoon)
1 tablespoon grated fresh horseradish*
2 tablespoons apple cider vinegar*
1 tablespoon Dijon mustard*
2 teaspoons honey*
¼ cup extra virgin olive oil
¼ teaspoon sea salt
Pinch of black pepper

1 large parsnip, cut into 3-inch pieces and shaved into thin ribbons with a vegetable peeler
1 bunch (about 1/2 pound) radishes*, leaves and bulbs chopped separately
10 ounces arugula*
4 ounces goat cheese*, crumbled

**Ingredients available seasonally at your neighborhood Greenmarket*

Directions:

1. Combine spring onion, green garlic, horseradish, apple cider vinegar, Dijon mustard, and honey in a bowl; stir well. Slowly stream in olive oil while stirring. Season vinaigrette with salt and pepper.
2. In a large bowl, toss together parsnips, radishes, arugula, and goat cheese. Toss with just enough of the vinaigrette to gently coat the salad and serve.

For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit www.growNYC.org.

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