

The CRUNCH Salad

The following vegetables, all sliced thin:

- 1 bunch red radishes
- 1 medium cucumber
- 2 hakurei turnips
- 1 small, sweet onion

For the dressing:

- ¼ cup lime juice
- 2 tbsp white balsamic
- 2 tbsp honey
- 1/3 cup olive oil
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp garlic powder
- 1 tbsp dried parsley



I love salad. Mostly, I love salads that aren't green salads. I grew up having a green salad every night, and they just don't do it for me anymore. But take a big bowl full of tasty, crunchy, and colorful vegetables, toss them in a tangy dressing, and you have my attention! In fact, the picture I took of this one is such a strange one because it didn't even make it out of the mixing bowl before I started eating it!

You can absolutely make this salad in advance. Don't be surprised if the red of the radishes bleeds and turns the onions a bit pink. You might also need to add more salt or lime juice if it sits in the fridge for a few days. If you hate parsley or don't have it, fresh or dried cilantro, green onion, or scallion would be a nice change. This "recipe" is also more of a guideline. Carrots, broccoli stems, and any other crunchy vegetable you have in the fridge will find a happy home in this salad. As with all my dressings, I prefer to shake them in a jar. Use all the dressing this time. It will seem like a lot, but it's so good on the vegetables I guarantee you'll want it all. If there is any liquid left in the bottom of the bowl, soak it up with bread (or if you're like me, just drink it). That liquid will be liquid gold by the time you're done eating. All the tasty vegetable juices that come out from the sliced veggies will combine with whatever dressing doesn't get eaten. It's a wonderful tonic for a hot day.

I like to use a mandolin for the veggies, but a slicing attachment or a sharp knife works just as well.

Shake all dressing ingredients in a jar, and pour over the mixed, sliced vegetables. Toss to combine. Serve right away or chill down for anywhere from a few hours to two days. The longer it sits, the more liquid will be at the bottom. Re-toss before serving.