

DEER ISLAND HIKE SALAD

Lunch/Dinner | Easy/Fast| Single Serving

Ingredients (for 1)

- ✦ Handful of Baby arugula or spinach
- ✦ 2 Chopped Celery
- ✦ Handful of Diced Fresh Green Beans
- ✦ 2 or 3 Rainbow Radishes
- ✦ 3-4 Baby Bella Mushrooms
- ✦ 2-3 Small sweet peppers
- ✦ 1 can Red Kidney Beans
- ✦ Umeboshi Plum Vinegar
- ✦ Black pepper (optional)
- ✦ Hummus to top it off (optional not pictured)

Tips

- ✦ This easy salad can be made on the fly for multiple peeps!
- ✦ Variations are limitless: adding fresh basil to the greens, testing different radishes (like the peppery black ones), trying other types of beans.
- ✦ Hummus is a fabulous alternative to high fat low nutrient dense dressing! nutritional



Method

Rinse canned dry red kidney beans and place in a tupperware or small bowl. Soak beans in 1/2c to 1 c of Ume Vinegar. Add additional water to cover the beans. While chopping the rest of the salad, occasionally stir beans with fork.

Plate a handful of baby arugula or spinach on a small dinner plate in the center. Splash some Ume Vinegar on top and season to taste with black pepper (optional).

Chop celery, radishes, mushrooms, green beans into bite size pieces and plate them around the greens. After about 10-15 minutes the beans soaking in the Ume Vinegar are ready to add to the plate as well.

Chop small peppers and place them on top of the greens diagonally.

Dollop hummus on top of the salad (optional) and enjoy!