

Side | Snack

Spring Vegetable Salad with Ginger Vinaigrette

Side Effect: Dry Mouth

15 Mins
Prep Time

3-5 Mins
Cook Time

6-8
Servings

 **105 Calories** **5g Fat** **16g Carbs** **4g Protein**



Ingredients

 **6-8 Servings**  **18-20 Mins Total Time**  **Allergens: None**

8 oz Bag Sugar Snap Peas, **washed thoroughly**

4 oz Bag Radishes, chopped and **washed thoroughly**

2 Tsp Garlic, minced

1 Tbsp Shallot, minced

2 Tbsp Whole Grain Mustard

2 Tbsp Honey

1 Tbsp Fresh Lemon Juice, if using whole lemon,  **wash before juicing**

1 Tbsp Ginger Juice 

¼ Cup Golden Balsamic Vinegar

½ Cup Extra Virgin Olive Oil

1 Tsp Salt, and more to taste

1 Tsp Black Pepper, and more to taste

Nourishment Note



Ginger

Ginger has long been used as a remedy to fight against nausea. Gingerol, the bioactive ingredient in ginger, may also be beneficial as an antioxidant and anti-inflammatory agent.



Lemon

Tart or sour foods may be easier to consume when feeling nauseous. Tart or sour foods may also increase saliva production, which is important when dealing with dry mouth.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Boil Water

Bring a pot of water to boil. While waiting for the water to boil, prepare the ginger dressing.

3. Make the Dressing

In a medium-sized mixing bowl, whisk together the garlic, shallot, mustard, honey, lemon juice, ginger juice, and vinegar until combined. Slowly add the olive oil while continuing to whisk the ingredients together. Season with salt and pepper.

4. Add Peas to Water

Once the water has come to a boil, add the bag of sugar snap peas to the pot and boil for 2-3 minutes, or until crisp-tender.

5. Transfer to Ice Water

Prepare an ice bath – fill a bowl with water and ice. Using a mesh strainer, carefully scoop the blanched sugar snap peas out of the water, and dunk into the ice water. Using the mesh strainer, remove from the ice bath and place into a large mixing bowl.

6. Toss Salad with Dressing

To the large mixing bowl add the radishes and drizzle $\frac{1}{2}$ of the dressing over the salad. Toss to combine. **Store the remainder of the dressing in the fridge for up to 3 days.**

7. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Pot



Large Bowl



Large-Mixing Bowl



Medium-Sized Mixing Bowl



Mesh Strainer



Cutting Board



Knife



Measuring Cups



Measuring Spoons



Wooden Spoon



Whisk

Fatigue Buster

- Lemon Juice: Use bottled lemon juice instead of squeezing your own to limit prep time.
- Garlic: To minimize prep time, use pre-minced, jarred garlic or garlic paste.
- Radishes: Look for pre-cut matchstick radishes.