



Ginger Violet Salad

Violets add a lovely splash of color to a spring salad and they have a mild flavor to appease those worried about... eating flowers. Just make sure you harvest them from an area that is free of pesticides.

Ingredients:

Dressing

- ¼ c olive oil
- 2 T balsamic vinegar
- 1 t ground ginger
- 2 T sugar
- 1 T minced onion

Salad

- 4-5 c spring mix
- 1/4 c violet flowers
- 1 T Black sesame seeds

Directions:

1. Blend dressing in blender until emulsified (onion does not need to be completely blended in)
2. Toss lettuce with dressing until well coated.
3. Sprinkle salad with violets and sesame seeds. Serve.

