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“Got your health! Got it all!” R. Rodman



## Spring Greens with Peas, Fennel and Radish

Serves 4 to 6

### **Ingredients:**

1. 2 Tbsp Lemon Juice
2. 1 Tbsp Raw Apple Cider Vinegar
3. 2 Tbsp Olive Oil or Avocado Oil
4. 1 clove garlic chopped or crushed (more to taste)
5. 1/4 tsp black or white pepper
6. health pinch of sea salt
7. 2 cups mixed seasonal greens
8. 1 cup fresh peas
9. 1 cup thinly sliced fennel
10. 1/4 to 1/2 cup thinly sliced radishes
11. 1/4 cup toasted walnuts
12. 1.5 ounces aged sheep milk cheese or soft cheese of choice (optional)

### **Assembly:**

Combine first 6 ingredients in bottom of large bowl whisk to combine, add the next 4 ingredients, reserving the walnuts and cheese, toss to combine, let salad rest for 5 minutes to combine flavors, add walnuts and cheese if using and serve.

### **Nutrition Highlights:**

**Green Peas** are a balancing food to the digestive system. Green peas are high in B vitamins and folate which our bodies need for proper digestion of fats, proteins, and carbohydrates. Peas provide antioxidant protection from oxidative damage do to free radical damage.

**Fennel** is a big antioxidant and has strong anti-inflammatory properties. Fennel supports the proper function of the immune system with it antimicrobial properties found in vitamin C.

**Radish** antifungal and anti bacterial; they support the removal of toxins from the body. They support the functions to the lungs and stomach by both stimulation of appetite and as a digestive aid. In the US they are normally part of an appetizer or salad. In European cultures they are typically eaten after a meal and especially after a large fatty meal.

### **Preparation Tips:**

Dressing and be made ahead of time and stored in a glass jar. Clean and store your greens, peas, fennel and radishes until ready to assemble, up to a 1 day in advance.

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