



Another delicious recipe
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MIZUNA SALAD WITH APPLE, CUCUMBER, AND AVOCADO

SERVES 4 TO 6

Mizuna is an Asian green used in salads, soups, and stir-fries, and also as a pickled vegetable. Like all mustard greens, mizuna packs a peppery bite and a full-bodied flavor in its delicate-looking, heavily incised leaves, which resemble those of an elaborate dandelion.

Because mizuna stays crunchy, this delicious salad can be made ahead of time and stored in the refrigerator. This salad delivers bright flavors and a balanced dressing—making it perfect for a quick, light, refreshing meal!

SALAD

2 cups mizuna leaves, washed and dried

1 medium apple, thinly sliced

(use any crisp apple variety, like Fuji or Honeycrisp)

1 large cucumber, thinly sliced into rounds or half-moons

¼ small red onion, thinly sliced

1 medium avocado, sliced or cubed

1 small red bell pepper, thinly sliced

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DRESSING

3 tablespoons extra-virgin olive oil

2 tablespoons white wine vinegar

1 teaspoon Dijon mustard

Kosher salt, seasoning salt, or garlic salt

Freshly ground black pepper

1. **To assemble the salad:** Place the mizuna in a medium salad bowl. Layer the sliced apple, cucumber, red onion, avocado, and red bell pepper over the mizuna.
2. **To prepare the dressing:** In a small bowl or jar, combine the olive oil, white wine vinegar, Dijon mustard, salt, and black pepper. Whisk or shake the ingredients until they're well mixed. Taste and adjust the seasoning as needed.
3. **To dress the salad:** Drizzle the dressing over the salad, and gently toss to evenly coat the ingredients with the dressing.
4. **To serve:** Transfer the salad to plates or a serving bowl and enjoy immediately.

MIZUNA SERVING SUGGESTIONS

- Add mizuna leaves to stir-fries during the final minute of cooking.
- Mizuna adds sophistication, elegance, and surprising flavor to seafood salads. Its zestiness provides a great contrast to milder shellfish, such as scallops and lobster.
- Add mizuna leaves to freshly made miso soup or dashi broth.
- Mizuna's assertive flavor makes it a good addition to mixed salads, combined with milder lettuces and spinach.
- Substitute a few leaves of mizuna for the usual lettuce in tacos and sandwiches. It also makes a terrific, attractive, and tasty garnish.