

## *August Harvest Salad* from *Urban Sacred Garden*



This time of the summer you'll find a plethora of tomatoes and peppers in your garden and at the farmers market. Those fresh veggies combined with other favorites make the perfect end of Summer salad. I add multiple types of nuts and cheese into this tasty dish because you can't go wrong with more goodies (in my humble opinion). Yield: 1 Individual Salad, Multiply as needed

### **INGREDIENTS:**

4 Cups Mixed Spring Greens or Baby Spinach  
1 Sweet Banana Pepper (or other garden pepper), chopped  
1/4 Cup variety of Cherry Tomatoes (or other garden tomatoes), chopped  
3 Tbsp Walnuts  
4 Tbsp Slivered Almonds  
4 Tbsp Dried Cranberries  
1/8 Cup Crumbled Goat Cheese  
1/8 Cup Pepper Coated Brie, Diced  
Dressing of Choice, I recommend a Dijon Vinaigrette:  
2 Tsp Dijon Mustard  
4 Tbsp Apple Cider Vinegar  
4 Tbsp Lemon Juice  
1/2 cup extra-virgin olive oil  
Fresh Ground Sea Salt

### **DIRECTIONS:**

1. In a large bowl layer Spinach, Tomatoes, Cucumber, Berries, and Almonds. Add Fresh Herbs to the Salad and Toss. NOTE: Keep dressing separate from fresh fruit and veggies and you can cover this salad and keep in the fridge to munch on for days to come.
2. Serve in individual bowls with dressing of choice. For the vinaigrette combine Mustard, Apple Cider Vinegar, Lemon Juice, and Olive Oil in a medium bowl. Season with Sea Salt. Whisk until emulsified. Add more salt as needed to assist in emulsifying and add flavor. Enjoy!