

Sweet & Savory Strawberry Salad from *Urban Sacred Garden*



The beauty of salads filled with fresh Spring ingredients is their simplicity, and this little strawberry salad is no exception. The sweetness of the strawberries is perfectly complemented by the aroma and kick of fresh basil mixed into the greens. While the blue cheese and pecans add a perfect savory note to balance out the complex yet simple flavors. Add a little lavender into the homemade vinaigrette and you are set for pure palate pleasure.

Yield: 4 Individual Salads, About 8-10 Cups

INGREDIENTS

7 Cups Mache (also known as Lamb's Lettuce) or Baby Spinach (chop if leaves are too large)
1/4 Cup Fresh Basil Leaves, coarsely chopped
2 Cups Fresh Strawberries, sliced
1/2 Cup Blue Cheese Crumbles
1/3 Cup Pecan Pieces

DRESSING

8 Tbsp White Balsamic Vinegar or White Wine Vinegar
4 Tbsp Extra Virgin Olive Oil
Freshly Ground Sea Salt
Freshly Ground Lavender Pepper

DIRECTIONS

1. In a large bowl toss together washed Mache or Spinach and Basil, divide into 4 individual bowls. Sprinkle Strawberries, Blue Cheese and Pecans over the top of each salad, dividing evenly.
2. FOR DRESSING: In a small pitcher or mixing bowl whisk together Vinegar, Olive Oil, Salt and Lavender Pepper. Taste and continue adding Salt and Pepper until the flavor balances out. It will take more salt than you would expect to balance out the tart flavor of the vinegar. If in doubt, add more salt. You will start to taste the flavor shift.
3. Drizzle salads with dressing, and top with a little freshly ground sea salt and lavender pepper. Enjoy!