

♥ Dream Greens Salad with Strawberries and Radishes

# Dream Greens Salad with Strawberries and Radishes

Prep Time 10 mins  
 Total Time 10 mins  
 Meal Type Lunch,Dinner,Side  
 Contributed By



Source [Living Plate](#)

Servings 2



## Ingredients

lb,c g,ml

- 4 1/2 oz baby greens see notes
- 1/4 cup basil, fresh, *chopped*
- 6 strawberries, *sliced*
- 6 radishes, *sliced*
- 2 Tbs sunflower seeds, raw
- 1 Tbs balsamic vinegar
- 2 tsp olive oil

## Directions

### Prep

1. Slice strawberries and radishes.
2. Chop basil.

### Make

1. Place greens in bowls and toss with basil.
2. Add strawberries and radishes.
3. Sprinkle with sunflower seeds.
4. Drizzle with vinegar and oil and season with salt and pepper to taste.

## Notes

AeroFarms brings the farm to you, growing fresh, local food in cities all year round. We are so lucky to have several locations in NJ. Dream Greens grow in towers stacked from floor to ceiling – as far as the eye can see. Imagine if we transformed every abandoned building into productive farms full of delicious, nutritious leafy greens – that’s a dream we are making a reality!

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each “-” indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Calories</b> per serving	<b>133</b>	<b>Total Fat</b> 9.7g	14%	<b>Total Carbohydrates</b> 10g	3%
		Saturated Fat 1.2g	5%	Dietary Fiber 4g	14%
		Trans Fat 0.0g		Total Sugars 4g	
		<b>Cholesterol</b> 0mg	0%	<b>Protein</b> 4g	
		<b>Sodium</b> 58mg	2%		
Vitamin D 0mcg 0% · Calcium 87mg 8% · Iron 3mg 15% · Potassium 529mg 11%					

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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