



SPRING SALAD WITH RADISHES AND BUTTERMILK SALAD DRESSING

TIME: 16 MIN

SERVES: 4

Salatschwester | Your Salad Bestie 

INGREDIENTS

BUTTERMILK SALAD

DRESSING:

- 1 clove garlic
- 150 ml yogurt
- 100 ml buttermilk
- 2 tsp mustard
- 2 tsp lemon juice
- 2 tbsp oil (e.g., canola oil)
- 2 tbsp agave syrup
- $\frac{3}{4}$ tsp salt
- pepper to taste

SALAD:

- 1 head of lettuce (e.g., curly lettuce or iceberg lettuce)
- $\frac{1}{2}$ cucumber
- 1 onion
- 1 bunch radishes
- $\frac{1}{4}$ bunch chives
(alternative: parsley)

DIRECTIONS

SALAD DRESSING:

1. Peel and finely grate or press the garlic.
2. Mix yogurt, buttermilk, mustard, oil, agave syrup, and garlic into a dressing.
3. Season with salt and pepper. Refrigerate.

SPRING SALAD:

1. Wash and dry the lettuce, then cut it into bite-sized pieces.
2. Wash the cucumber and slice or dice it. If preferred, peel the cucumber.
3. Peel the onion and cut it into rings or dice it.
4. Remove the greens from the radishes, clean, wash, and dry them. Then slice or cut into thin sticks.
5. Wash, dry, and finely chop the chives.

ASSEMBLING THE SALAD:

Combine lettuce, cucumber, onion, radishes, and dressing in a large bowl. Garnish with chives or mix them in. Adjust seasoning with salt and pepper if needed. Serve immediately.

Notes

You can swap out some ingredients in this recipe:

- agave syrup raw cane sugar, birch sugar, or a sweetener of your choice
- lemon juice white vinegar or apple cider vinegar
- cucumber bell pepper or tomatoes