



Mary's Favorite Salad

Mary Dunford



- 1 - Apple
- 2 - Carrots
- 2 - Celery Sticks
- 1/3 cup - chopped Curly Parsley
- 1 tsp - finely Chopped Ginger
- 1/2 - Lime
- 1/2 cup - raisins
- 1/2 cup - chopped almonds (optional)

Chop apples, carrots & celery. Mix into bowl with chopped parsley & ginger. Squeeze lime over fruit, toss & add raisins. Cover & chill before serving. Toss with light dressing & add almonds. Enjoy!

Fruit Salad Dressing

- 1 tbl - apple cider vinegar
- 1 tbl - orange juice
- 1 1/2 tsp - honey
- 2 tbl - extra virgin olive oil

Mix apple cider, orange juice and add honey well with a whisk. Add olive oil, mix well. Salad dressing can be made ahead of time for later use. Keep sealed in jar for freshness & refrigerate.

Servings = 5

*Nutrition provided from
the herbs in
this recipe:*

320 IU of Vitamin A

16 mcg of Vitamin A, RAE

5mg of Vitamin C

62 mcg Vitamin K

6 mcg Folate

5 mg Calcium

24 mg Potassium

Per Serving

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