
Spring Salad with Hibiscus Dressing

Total time: 30 min Yield: 4 servings

Ingredients

6 raspberry hibiscus tea bags
1/2 cup boiling water
2 Tbsp shallot (minced)
1 Tbsp rice vinegar
2 Tbsp honey
1/2 tsp salt
dash pepper
1/2 cup light oil
6 cup mesclun greens
1/2 cup carrot (julienned or grated)
1 cup strawberries (sliced thin)
1 cup avocado (sliced or cubed)
1/2 cup almonds (sliced, toasted)

Prep Time: 30 min Cooking Time: 0 minutes Total Time: 30 min

Instructions

Put the tea bags in a medium bowl. Pour the water over the bags and allow to steep for 5 minutes. Squeeze the tea bags one at a time, squeezing over the bowl before discarding them. Let the tea concentrate cool.

In a blender, combine the cooled tea, shallot, vinegar, honey, salt and pepper. Process, then slowly add in the oil and blend until emulsified. Refrigerate until ready to use.

On a platter or individual serving plates, create a colorful arrangement of mesclun greens, carrots, strawberries and avocado; top with a sprinkle of almonds. Add desired amount of hibiscus dressing and enjoy with a sparkling cucumber mint cooler.

Recipe brought to you by:

Chef Alyssa Moreau