

ROASTED RADISH AND MINT SALAD



SERVING SIZE

2



INGREDIENTS

ITEM

Radishes, sliced
Extra Virgin Olive Oil
Sea Salt
Ground Pepper

QUANTITY

4 Cups
1 Tbsp.
½ Tsp.
¼ Tsp.

ITEM

Fresh Mint Leaves
Ideal Protein Balsamic Vinegar
Spring Mix

QUANTITY

2 Tbsp.
2 Tbsp.
2 Cups



PREPARATION

- ✔ Preheat oven to 400°F (200°C).
- ✔ Toss radishes with olive oil, sea salt, and pepper.
- ✔ Spread on a baking sheet and roast for 20-25 minutes until tender and lightly golden.
- ✔ Place spring mix in a large salad bowl.
- ✔ Toss in roasted radishes, fresh mint leaves, and drizzle with balsamic vinegar.
- ✔ Mix gently, plate, and enjoy as a fresh, tangy side dish.
- ✔ Serve and enjoy!