

Foodnity Recipes

Goat Cheese Spring Salad – Fresh & Tasty

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**Mediterranean** Cuisine	

Ingredients

Salad Base

- [ ] 4 cups mixed spring greens (baby spinach, arugula, butter lettuce)
- [ ] 1/2 cup radishes, thinly sliced
- [ ] 1/2 cup carrot, shaved into ribbons
- [ ] 1/2 cup fresh peas, blanched
- [ ] 1/4 cup fresh mint leaves, torn

Cheese & Crunch

- [ ] 4 oz goat cheese, crumbled
- [ ] 2 tbsp toasted pine nuts

Dressing

- [ ] 3 tbsp fresh lemon juice
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tsp honey
- [ ] 1 tsp Dijon mustard
- [ ] Pinch of sea salt
- [ ] Pinch of black pepper

Instructions

1. Wash the greens gently, spin dry, and place them in a large mixing bowl.
2. In a small jar, combine lemon juice, olive oil, honey, mustard, salt, and pepper; shake until emulsified.
3. Drizzle half the vinaigrette over the greens and toss lightly, allowing the leaves to coat.
4. Add radishes, carrots, peas, and mint; toss again, then scatter goat cheese and pine nuts on top.
5. Finish with the remaining vinaigrette, give a gentle toss, and serve immediately.

Nutrition per serving

280 kcal	9 g	12 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If using a bitter lettuce, add a touch more honey to balance the flavor.
- For extra zest, grate a little lemon peel into the dressing.
- Feel free to substitute toasted almonds for pine nuts if you prefer.