



Watercress Salad with Raspberry Dressing

By Catherine Carrigan

INGREDIENTS

- 4 bunches of watercress
- 1-2 grapefruits, peeled and broken into segments
- 1 cup feta cheese, crumbled

DRESSING INGREDIENTS:

- 1/4 c. extra virgin olive oil
- 1/8 c. raspberry vinegar
- 1/2 oz. orange juice
- 1/8 tsp. garlic, jar or fresh
- 1 tsp. raspberry jam
- Salt and pepper to taste

HOW TO MAKE IT:

Trim the stems from the watercress. Wash and dry in a salad spinner. Mix salad in a bowl along with the grapefruit sections and feta cheese. In a jar, mix the olive oil, raspberry vinegar, orange juice, garlic, raspberry jam and salt and pepper. Pour the dressing over the salad.

WHY THIS IS HEALTHY FOR YOU:

If you get bored making your salad with traditional lettuce, try watercress, which contains significant amounts of iron, calcium, folic acid and vitamins A and C. Many of our clients are intolerant to cow's milk, but they can eat feta cheese from goats with no gastrointestinal symptoms. Feta is a good source of protein as well as B12. While you are rethinking your salad by using watercress, try making your own salad dressing so you avoid the hydrogenated fats in commercial dressings.