

## Leafy Greens with Turmeric Dressing

### Ingredients

- 1/2 cup shelled pistachios
- 1 Tbsp + 2 tsp honey
- 1 tsp crushed red pepper
- 1/2 tsp Kosher salt
- 2 small lemons
- 1 Tbsp Dijon mustard
- 1 tsp ground turmeric
- 3 Tbsp extra-virgin olive oil
- 12 ounces mixed greens: arugula, radicchio, escarole, or any greens you like
- 1 medium radish, thinly sliced
- 1 medium beet, peeled
- 3 oz Parmesan, sliced into triangles
- 1/2 C chopped dill

*Makes 6 servings*

*Total time: 35 minutes*

*Recipe and photo adapted from  
[cooking.nytimes.com](http://cooking.nytimes.com)*



### Directions

1. Preheat oven to 350 degrees. Toss pistachios in honey, red pepper, and Kosher salt. Spread thin layer on baking sheet and bake for 20–30 minutes or until crispy.
2. Roughly chop mixed greens. Arrange on a serving dish.
3. Thinly slice beet and radish, using a mandoline slicer or similar tool (vegetable peeler or slice with a sharp knife). Add to chopped greens.
4. For dressing, add juice of two lemons, mustard, turmeric, and olive oil to a bowl. Whisk until emulsified.
5. Add pistachios, Parmesan, and dill to chopped greens. Drizzle dressing on top and serve immediately.

### Did you know?

Beets contain betalains, powerful antioxidants that may help prevent cancer, lower inflammation, and improve cardiovascular health. Since high temperatures can degrade these antioxidants, using raw beets helps to maintain the maximum amount of nutrient density. Thinly slicing the beets makes them more tender, sweeter, and much easier to eat in a salad. Joined by the lemony dressing, bright greens, and spicy pistachios, the beets complement the salad by offering an earthy, spontaneous crunch.

*Written by Matt Murphy, MPH, RD*

**Nutrition information (per serving):** 210 calories, 15g total fat, 3.5g saturated fat, 13g carbohydrates, 3g fiber, 460mg sodium, 9g protein, 30mg vitamin C, 1150mcg vitamin A, 3.5mg iron, 240mg potassium, 225mg calcium