



Mountain Momma's Cranberry Lovers Basil Summer Salad

Directions

1. Prepare Mountain Momma Organics Cranberry Bean Soup Kit using package instructions. Soak beans for 24 hours and use 8 cups of fresh water (not 10) to cook soup mix on stovetop. Cook until beans are just soft. Do not overcook beans!
2. Simmer uncovered to boil off excess liquid until beans are slightly moist. Stir often but gently to avoid smashing beans. Allow bean mix to cool.
3. Cook vegetable spirals according to box directions. Let cool.
4. Prepare Basil Vinaigrette Dressing by first pureeing the listed ingredients until smooth, then gradually add the olive oil while pureeing to make an emulsion. Salt & pepper to taste.
5. Gently combine Basil Vinaigrette Dressing, vegetable spirals, and cooked cranberry bean mix.
6. Add remainder of salad ingredients and gently mix. Chill until cool. ENJOY!

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Ingredients:

MMO Cranberry Bean Soup Kit

Basil Vinaigrette Dressing

- 2c (4 oz.) fresh basil leaves
- 1/3c rice vinegar
- 1 Tbsp pure cane sugar
- 2 Tbsp honey
- 3 cloves garlic
- 2 Tbsp Dijon mustard
- 1c olive oil



Salad Mix

- 12 oz. box of vegetable spirals
- 2 large shallots, diced
- 2-1/2c halved grape tomatoes
- 2c mozzarella cheese, cubed
- 1/2c grated parmesan cheese
- 1/2 orange & 1/2 yellow pepper, diced
- 2c dried cranberries



Healthy Food to Feel Good About