

# Mizuna Salad with Peanuts

## Ingredients: Serves 4

- 10 cups mizuna
- 1/2 cup chopped chives
- 1/4 cup salted peanuts
- 1/4 cup unrefined peanut oil
- 3 Tbsp white vinegar
- 1 Tbsp liquid aminos, soy sauce, or tamari
- 1 tsp sugar
- Salt and pepper to taste

## Directions:

- 1) Combine mizuna, chives and peanuts in a large salad bowl.
- 2) Combine peanut oil, vinegar, liquid aminos, soy sauce or tamari, sugar, pepper and salt in a jar; cover and shake to combine.
- 3) Pour over the greens and toss to coat.

Recipe Adapted From: <https://www.healthyseasonalrecipes.com/mizuna-salad-with-peanuts/>

For more recipes, visit <https://stjoefarm.wordpress.com>

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## Nutrition per serving:

**204 Calories**

**17 g fat**

**328 mg sodium,**

**10 g Carbohydrates**

**4 g Sugar**

**7 g Protein**

