



## Garlic-Sesame Spinach Salad

By Chef Veera Gaul, Ph.D.



### Ingredients

4-5 garlic cloves, minced  
3 tablespoons O&V **Toasted Sesame Oil** \*  
2 tablespoons O&V [Lime Ginger vinegar](#) \*  
1 tablespoon soy sauce or tamari  
3 cups (5-6 oz) spinach leaves  
1 cup matchstick carrots  
1 cup sliced cremini or shitake mushrooms  
1 cup sliced radishes  
½ cup thinly sliced spring onions (white and green parts) - optional  
¼ cup white sesame seeds  
Salt and pepper to taste

### Preparation

Heat the toasted sesame oil in a pan over medium-low heat. Add the minced garlic and cook until fragrant (about 2 minutes). Whisk in the soy sauce and lime ginger vinegar remove from heat and transfer to a large bowl. Season with salt and pepper.

In a separate small dry pan, lightly toast the sesame seeds till slightly golden.

Add the spinach, carrots, mushrooms and radish to the bowl and toss well. Sprinkle the spring onions slices (if using) and toasted sesame seeds. Toss to combine.

Serves 4

Active time 10 minutes Total Time: 10 minutes

### Notes

\* Pairing **Toasted Sesame oil** and the [Lime & Ginger vinegar](#) is a delicious combination for this salad, but you can use a plain EVOO or even a Garlic EVOO along with your favorite crisp and fruity vinegar. Both are available at most [Oil & Vinegar](#) stores. Just remember that the essence of any salad is a flavorful dressing, so use the highest quality ingredients for the vinaigrette that you can get.

Categories: Soups & Salad, Gluten Free, Dairy Free, Vegetarian, Vegan, Easy Weeknight Side, Radish, Spinach, Garlic, Toasted Sesame Oil, Lime Ginger vinegar, Cremini Mushrooms, Shitake,