

## **Zen Salad with Purple Fruits**

This salad has two secrets. Okay, they're not really secrets, but I find that grinding the pistachios rather than chopping them means you get lots of powdery pistachio goodness in every single bite. The second secret is coarse salt. It's really important with the sweetness of all the fruit that you provide a nice salty, peppery counterpoint while keeping the salad very light and clean. Add goat cheese if you like, but I kept my salad pretty spare so I could eat big giant heapfuls of it and still feel super-healthy. Also, the name. I found this salad quite centering, perhaps because I ate it by myself. Outside. With the sound of a gurgling fountain... okay, there was no fountain.

Serves 1 hungry soul, or maybe, just maybe 2

3-4 cups mixed baby greens, preferably organic, preferably with edible flowers mixed in (good luck)

2 Italian prune-plums, halved

1 fig, quartered

4 purple (or red) grapes, halved

2 teaspoons ground or very finely chopped toasted pistachios

2 teaspoons almond oil (or olive oil)

1/2 teaspoon strawberry balsamic vinegar (or regular balsamic)

Coarse salt

Freshly ground black pepper

Combine all ingredients. Seriously, that's the whole recipe.