

Purslane Salad with Cherries and Feta

Fresh purslane salad with sweet cherries and tangy feta cheese. Mediterranean-inspired recipe ready in 15 minutes with omega-3 rich purslane.

15	15	1	Easy
PREP MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Purslane Salad with Cherries and Feta

Ingredients

- 2 cup purslane
- 1 cup sour cherry
- 1 cup feta cheese
- 1 cup mint
- 1 cup olive oil
- 2 tbsp balsamic vinegar
- 1 tsp salt
- 1 tsp black pepper

Instructions

- 1 Prepare the purslane**

Rinse 2 cups fresh purslane under cold running water, gently rubbing the leaves and stems to remove any dirt or sand. Pat completely dry with paper towels or spin in a salad spinner until no water remains.
- 2 Remove pits from 1 cup fresh cherries using a cherry pitter or small knife. Cut each cherry in half and set aside.**
- 3 Crumble 1 cup feta cheese into bite-sized pieces, about 1/2-inch chunks. Finely chop 1 cup fresh mint leaves until pieces are roughly 1/8-inch in size.**
- 4 Make the dressing**

Combine 2 tablespoons olive oil, 1 teaspoon balsamic vinegar, and 1 teaspoon honey in a small bowl. Whisk vigorously until the mixture is smooth and emulsified, about 30 seconds.
- 5 Assemble the salad**

Place the dried purslane in a large serving bowl. Add the halved cherries, crumbled feta, and chopped mint.
- 6 Drizzle the dressing over the salad and toss gently with clean hands or salad tongs until all ingredients are evenly coated. Serve immediately while the purslane is crisp.**

Tips

Selecting Fresh Purslane: Look for bright green, crisp stems and leaves. Avoid any yellowing or wilted purslane. The stems should feel firm and succulent, not limp or dried out.

Proper Washing Technique: Purslane can trap dirt and sand, so rinse thoroughly under cold running water, gently rubbing the leaves and stems. Use a salad spinner or pat completely dry with paper towels.

Cherry Preparation: Choose cherries that are firm, glossy, and deeply colored. Taste before adding to ensure they're sweet enough to balance the peppery purslane and salty feta.

Feta Selection: Opt for feta stored in brine rather than pre-crumbled for better texture and flavor. Block feta crumbles more attractively and tastes fresher than pre-packaged crumbles.

Dressing Balance: Start with less dressing than you think you need. Purslane's succulent nature means it doesn't absorb dressing like other greens, so a light hand prevents the salad from becoming overdressed.

Serving Temperature: Chill the salad for 30 minutes before serving for the most refreshing experience, especially during warm weather.

Texture Enhancement: Toast nuts like almonds or walnuts lightly in a dry pan for 2-3 minutes to enhance their flavor and add extra crunch to contrast the soft feta and juicy cherries.

Mint Handling: Add fresh mint just before serving to prevent it from bruising and turning dark. Tear larger leaves by hand rather than chopping for better appearance.