Watercress Salad with Asian Dressing

For the Salad:

- Watercress
- Endive (sliced)
- Radicchio (sliced)

For the dressing:

- 1/4 cup fresh lemon juice
- 1 tablespoon shoyu (natural soy sauce)
- 1/4 cup toasted sesame oil
- 1 tablespoon umeboshi vinegar (obtainable in natural food stores)

Directions:

1. Combine the watercress, endive, chopped radicchio in a large bowl.
2. Whisk all the dressing ingredients in a small bowl or glass jar.
3. Dress the salad right before serving and sprinkle with black sesame seeds (optional).