

McDougal's Farm LLC

What's Growing On !

Recipes

Spring Greens Salad

(from Tanya...thanks Tanya!)

8 cups leaf lettuce, baby spinach, mesclun or other mixed greens (stems removed, torn into bite-sized pieces). Combine with selected toppings from the options below. Pour half of selected dressing over salad just before serving, then more as needed. Refrigerate leftover dressing.

Topping options:

2 green onions (chopped)
1 small red onion (cut into thin rings)
1 cup bean sprouts or radishes
1 cup celery (chopped)
2 cups mushrooms (sliced)
½ cup bacon pieces (cooked and crumbled)
2-3 cups hard-cooked eggs (sliced)
½ cup walnuts or slivered almonds (toasted)
Chive blossoms

Basic Vinaigrette Dressing

2 tbs Dijon mustard
2 tbs red wine vinegar
3 tbs olive oil or nut oil
1 tbs fresh lemon juice (optional)
Salt and pepper to taste
Combine in a jar with tight-fitting lid. Shake well. (Especially recommended with walnuts.)

Celery Seed Dressing

¼ cup sugar
½ tsp each dry mustard and salt
1½ tsp onion (chopped)
3 tbs vinegar 1/3 cup + 1 tbs oil
1 tsp celery seed
Blend first 6 ingredients in blender until slightly thickened. Stir in celery seed.

Strawberry Vinaigrette:

1 cup strawberries (sliced)
4 tsp rice vinegar
4 tsp lemon juice
1 tbs sugar
1 ½ tsp honey
¼ tsp salt
1/8 tsp each garlic powder, onion powder, dried basil leaves, dried parsley flakes, pepper
¼ cup olive oil

Puree strawberries in blender. Add remaining ingredients except oil. Blend, then gradually add oil while blending on low speed.

Ginger Dressing

6 tbs olive oil

3 tbs balsamic vinegar

2 tbs brown sugar

2 tbs soy sauce

1 tsp paprika

1 tsp Dijon mustard

2-3 cloves garlic (minced)

2-3 inches ginger root (peeled and minced)

Freshly ground pepper to taste

Combine in jar with tight-fitting lid. Shake well. (Especially recommended with green onions, raisins, nuts, and chopped spring apple.)

Creamy Dressing

1/3 cup mayonnaise

1/4 cup plain yogurt

1/2 tbs sugar

1/2 tsp salt

Mix until smooth.

(Especially recommended with spinach, onions, and hard-cooked egg.)