

Salad Recipes: each recipe yields 4

Mexican Salad

5 ounces Crispies and Crunchies Greens

1 avocado, diced

½ red onion, finely julienned

1 cup, avalantino tomatoes, diced

½ cup cilantro, finely chopped

¼ cup toasted pumpkin seeds

Dressing

30 ml lime juice

30 ml cider vinegar

30 ml honey

120 ml grapeseed oil

2 jalapeno peppers, seeds removed

Salt to taste

Puree lime, vinegar and honey together with the jalapeno peppers, while the blender is running drizzle in the oil to form a smooth emulsion. Adjust seasoning as necessary

Thai Salad

4 oz sweet Canadian reds blend

¼ cup cilantro

½ cup shredded carrot

½ cup daikon radish, julienne

½ cup cucumber, peeled, seeded and julienned

1 mango, peeled and small diced

1 cup bean sprouts

¼ cup cilantro, finely chopped

¼ cup mint, finely chopped

¼ cup thai basil, finely chopped

Dressing

60 ml lime juice

60 ml rice wine vinegar

2 tbsp mirin

1 tsp sesame oil

¼ cup cilantro, picked and chopped

4 tbsp brown sugar

2 cloves of garlic, minced

2 tbsp ginger, peeled and finely chopped or grated

1 tbsp fish sauce, preferably red boat

Combine all ingredients in a large mixing bowl, allow the flavors to meld at least 30 minutes before using to dress salad.

Italian Salad

Dressing

100 ml extra virgin olive oil

30 ml red wine vinegar

15 ml balsamic vinegar

2 tbsp basil chopped

2 tbsp parsley chopped

1 clove of garlic, minced

½ tsp chili flakes,

½ tsp oregano, chopped

1 tbsp lemon juice, and zest of one lemon

Whisk all ingredients together to combine

3 oz picked watercress

3 oz arugula

1 cup cherry tomatoes, halved

¼ cup torn basil leaves

½ cup seasoned croutons

1 bulb of fennel, cored and finely julienned

1 shallot, finely julienned

¼ cup pine nuts, lightly toasted

Shaved pecorino romano to taste

Combine all salad ingredients except the pecorino, lightly dress with the vinaigrette and toss to coat. Finish with a shaving or grating of pecorino romano.