

COOKING FRESH

Recipes for Spring

Tiffany Greer of Fork and Spoon Catering in Cottonwood offers these recipes for spring salads.

*Photos by Erin McCarthy,
Cook Red Bluff*

STRAWBERRY AND CANDIED PECAN SALAD

Serves 6

- 6 large handfuls of spring greens, washed and dried
- 6 green onions, chopped
- About 24 strawberries, sliced
- $\frac{3}{4}$ cup chopped candied pecans (or other candied nut)
- $\frac{3}{4}$ cup chevre goat cheese
- Balsamic dressing

Mix spring greens and green onion. Top with strawberries, pecans, and crumbled goat cheese. Drizzle with balsamic dressing.

Basic Balsamic Dressing

- $\frac{1}{4}$ cup Balsamic vinegar
- 1 lemon, zested and juiced
- $\frac{1}{2}$ cup extra virgin olive oil
- Salt and pepper to taste

Mix first two ingredients in bowl with whisk. While whisking, slowly drizzle in olive oil. Lastly add in a pinch of salt and pepper.



FORBIDDEN RICE SALAD

Serves 6 for dinner; 8 for lunch

- 2 cups dry green or black lentils
- 1 cup dry black rice (Heirloom Forbidden Rice)
- ¾ cup fresh snow peas, raw or blanched and sliced on the diagonal
- ¾ cup blanched and thinly sliced or raw and shaved fresh asparagus
- 1 bunch green onions
- ½ red onion, diced
- ½ bunch mint, leaves minced
- ½ cup dried cranberries
- 1/3 cup almonds and sunflower seeds for garnish

Cook 2 cups of dry lentils until tender. Strain and cool.

Cook 1 cup of dry black rice until tender. Strain and cool.

Mix cooked, cooled lentils and rice with remaining ingredients.

(Note: to shave asparagus, hold the thick end. Run a potato peeler in short strokes toward the tip.)

Toss with citrus vinaigrette (below).

Garnish the top with almonds and sunflower seeds

Citrus Vinaigrette

- Zest from ½ lemon
- ¾ cup lemon juice
- ½ red onion
- 2 cloves garlic
- ¾ cup red wine vinegar
- 1 cup extra virgin olive oil
- Salt and pepper to taste

Blend first five ingredients in blender on low for 15 seconds. With blender still on, slowly drizzle in the olive oil. Add salt and pepper to taste.



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