



*"Getting kids excited about wholesome, healthy food"*

## **Think Green**

### Menu

*Mixed Vegetable Salad with Lime Dressing*

*Kale Caesar Salad*

*Italian Salad*

*Greenhouse Spinach Salad*

*Heirloom Carrot Ribbon Salad*

*Greek Salad*

*French Green Bean Salad*

## **Mixed Vegetable Salad with Lime Dressing**

### Ingredients

About 2 cups total of any of the following

Carrots, peeled and sliced diagonally 1/8 inch thick

Small boiling potatoes like the red-skinned ones, sliced 1/8 inch thick

Beets, peeled and sliced 1/8 inch thick

Green beans, ends snapped and cut in half

Peas, fresh or (defrosted) frozen

Radishes, stem and root-ends removed, sliced paper thin

Cucumber, peeled, seeded (if desired) and sliced 1/8 inch thick

Tomatoes, cored and sliced 1/8 inch thick

### **Dressing:**

3 tablespoons freshly squeezed lime juice

½ cup vegetable oil, preferably part olive oil ½ teaspoon salt

A generous 1/2 teaspoon freshly ground black pepper

1 ½ tablespoons finely chopped fresh coriander (cilantro) or flat-leaf parsley (optional)

### **Garnishes:**

6 leaves romaine or leaf lettuce

1 thick slice of red onion, broken into rings

2 tablespoons crumbled Mexican queso fresco or other fresh cheese like feta or farmer's cheese (optional)

### Directions

In a large saucepan, set up a vegetable steamer over an inch of water and set over medium-high heat. When the water begins to boil, place the prepared carrots, potatoes and/or beets in separate shallow piles on the steamer rack. (If using beets, keep them away from the others, or you'll have a

lot red vegetables.) Steam, tightly covered, until the vegetables are tender but still retain a little firmness, 8 to 12 minutes, depending on their cut and condition. If one vegetable is done before the other, remove it with a large spoon or tongs. Cool the vegetables in separate groupings on a large tray. Next, steam the green beans and/or fresh peas, tightly covered: 5 to 8 minutes for beans, anywhere from 4 to 20 minutes for the peas (depending on the size and freshness). When the green vegetables are done, remove them and cool with the other vegetables. Frozen peas need only be defrosted and set aside. In a large bowl, mix together the radishes, cucumbers and/or tomatoes with the well-drained, cooked vegetables.

A few minutes before serving, measure the lime juice, oil, salt, pepper and optional fresh coriander or parsley into a small bowl or a jar with tight-fitting lid; whisk or shake until thoroughly blended. Pour onto the vegetables and mix well.

Line a large serving platter with lettuce leaves. Once again, toss the vegetable mixture with the dressing, then scoop it onto the platter. Top with slices of red onion, and a sprinkling of the optional fresh cheese.

## **Kale Caesar Salad**

### Ingredients

#### **Croutons:**

3 tablespoons extra-virgin olive oil, divided  
1 tablespoon unsalted butter, divided  
1 (1/2 pound) loaf brioche bread, crusts removed, cut into 1/2-inch cubes  
1 teaspoon coarse salt, divided  
1/2 teaspoon freshly ground pepper, divided

#### **Salad:**

2 cloves garlic  
4 anchovy fillets, preferably salt-cured, soaked if salted; or 2 teaspoons anchovy paste  
1/3 teaspoon coarse salt  
1/8 teaspoon freshly ground pepper  
1 tablespoon freshly squeezed lemon juice  
1/2 teaspoon Dijon mustard  
1 large egg yolk  
1/2 cup extra-virgin olive oil  
1/2 cup freshly grated Parmigiano-Reggiano, plus more for garnish, if desired  
3 heads kale, washed, dried, stems removed, leaves cut into 1/4-inch strips

### Directions

In a large skillet, heat 1 tablespoon oil and 1 teaspoon butter over medium heat. Working in batches, add one-third of the bread cubes, one-third of the salt, and one-third of the pepper; toss to coat. Cook until golden. Remove from skillet and set aside. Repeat process twice with remaining oil, butter, bread, salt, and pepper.

Place the garlic, anchovy fillets, salt, and pepper in a large wooden salad bowl. Using two dinner forks or a muddler, mash to form a paste. Using one fork, whisk in lemon juice, mustard, and egg yolk. While whisking, drizzle in olive oil and continue to whisk until emulsified. Add 1/2 cup grated cheese; set aside.

Add kale to bowl along with croutons and toss well. If desired, garnish with additional cheese. Serve immediately.

## **Italian Salad**

### Ingredients

2 head romaine lettuce, washed, dried and cut into large, bite-sized pieces  
1 large red bell pepper, chopped  
1 cup chopped hothouse cucumbers  
1 large carrot, peeled into ribbons  
Two tomatoes, chopped

### **Dressing:**

1 cup loosely packed fresh Italian parsley, roughly chopped  
10 big leaves fresh basil  
1/4 teaspoon dried oregano  
2 cloves garlic, peeled  
1/4 cup red wine vinegar  
3/4 cup extra virgin olive oil  
3/4 teaspoon salt  
1/4 teaspoon ground black pepper  
1-1/2 teaspoons honey

### Directions

Combine all ingredients for the dressing in a food processor or blender, and pulse until you have a smooth dressing. Mix together all of the salad ingredients in a large bowl and combine with the dressing to taste. Serve immediately.

## **Greenhouse Spinach Salad**

### Ingredients

1 package spinach, washed well, ends trimmed if needed  
1 cucumber, chopped  
3 tomatoes, chopped  
1 pepper, chopped  
(optional, 1/2 cup feta or parmesan cheese)

### **Dressing:**

1 cup loosely packed fresh Italian parsley  
10 big leaves fresh basil (or about 1/2 a bunch)  
1/4 teaspoon dried oregano  
2 cloves garlic, peeled  
1/4 cup red wine vinegar  
3/4 cup extra virgin olive oil  
3/4 teaspoon salt  
1/4 teaspoon ground black pepper

1-1/2 teaspoons honey

### Directions

Place all salad ingredients in a large bowl. To make dressing, place all ingredients in a food processor or blender and blend until well combined. Dress salad with enough dressing to taste, and save the rest for up to 1 week.

## **Heirloom Carrot Ribbon Salad**

### Ingredients

1 lb multi colored heirloom carrots, Peeled into ribbons  
12 sprigs fresh cilantro -- Leaves picked and stems discarded  
1/4 cup pumpkin seeds  
1/4 cup crumbled feta cheese

### **Orange Cumin Dressing:**

1/4 teaspoon cumin seeds, crushed  
2 tablespoons orange juice  
3 tablespoons olive oil  
1 tablespoon lemon juice  
1/2 teaspoon ground coriander  
1/2 teaspoon honey  
salt and pepper to taste

### Directions

Using mandoline or vegetable peeler, cut carrots, lengthwise, into paper thin strips. Chill carrot strips and cilantro in ice water for 3 minutes. Drain and pat dry. Meanwhile, in dry small skillet over medium-high heat, toast cumin seeds until darkened and just beginning to pop, about 30 seconds. Transfer to large bowl. Whisk in orange juice, oil, lemon juice, coriander, honey, salt and pepper. Add carrots, cilantro and pepitas; toss to coat. Sprinkle with feta cheese.

## **Greek Salad**

### Ingredients

1 hothouse cucumber, unpeeled, seeded, and sliced 1/4-inch thick  
1 red bell pepper, large-diced  
1 yellow bell pepper, large-diced  
1 pint cherry or grape tomatoes, halved  
1/2 red onion, sliced in half-rounds  
1/2 pound feta cheese, 1/2-inch diced (not crumbled)  
1/2 cup Kalamata olives, pitted  
For the vinaigrette:  
2 cloves garlic, minced  
1 teaspoon oregano

1/2 teaspoon Dijon mustard  
1/4 cup good red wine vinegar  
1 teaspoon kosher salt  
1/2 teaspoon freshly ground black pepper  
1/2 cup good olive oil

### Directions

For the vinaigrette, whisk together the garlic, oregano, mustard, vinegar, salt and pepper in a small bowl. Still whisking, slowly add the olive oil to make an emulsion. Pour the vinaigrette over the vegetables. Add the feta and olives and toss lightly. Set aside for 30 minutes to allow the flavors to blend. Serve at room temperature.

## **French Green Bean Salad**

### Ingredients

4 handfuls of green beans, stalk ends removed  
1 tbsp finely chopped shallot (or onion)  
1/2 clove garlic, finely grated or minced  
1 small handful of fresh tarragon, chopped (optional)  
1 egg (soft poached or hard boiled)

### **Dressing:**

1-2 tsp French mustard, or to taste  
2 tbsp white wine vinegar  
1/3 cup extra virgin olive oil  
sea salt & freshly ground black pepper

### Directions

Mix all dressing ingredients together in a jar and shake to combine. Have a taste and adjust seasoning if needed. Soft poach egg in boiling water with 2 tbsp of white vinegar or hard boil egg and remove shell once cooled. Blanch green beans in heavily salted water for 1-2 minutes or until desired tenderness is reached.

While still warm, toss beans, shallot, garlic and tarragon (if using) in a bowl with dressing until beans are evenly coated. Place bean salad on serving plate. If using hard boiled egg – grate the egg over top of salad. If using poached egg, simply place the egg on top and break the yolk so that it runs over the salad as you serve.