



Dandelion Salad

Yield: 8 servings

Ingredients:

DANDELION GREENS
CUCUMBER, ENGLISH (diced)
CITRUS-HONEY DRESSING (recipe below)

Amount:

8 cups
1 ¾ cups
1 cup

Equipment/Tools:

Large Mixing bowl, Chef or paring knife, Cutting board.

Preparation Steps:

1. Wash all produce thoroughly under cool, running water.
2. Place dandelion greens on a clean kitchen towel to dry.
3. Dice cucumbers.
4. Place dandelion greens, blueberries, cucumbers, and salad dressing in a large mixing bowl.
5. Toss to coat.
6. Serve immediately. Portion size = 1 cup.
7. Hold at or below 41°F.

Sub Recipe: Citrus-Honey Dressing

A bright, balanced dressing that is great on salads, grain bowls, roasted vegetables, or as a marinade.

Ingredients:

DIJON MUSTARD
APPLE CIDER VINEGAR
HONEY (wildflower preferred)
ORANGE JUICE (fresh squeezed preferred)
SALT (fine, sea salt preferred)
BLACK PEPPER (ground, fine)
OIL, BLENDED (75% canola / 25% extra virgin olive)

Amount:

¼ cup (2 fluid ounces)
½ cup (4 fluid ounces)
½ cup (4 fluid ounces)
½ cup (4 fluid ounces)
½ teaspoon.
¼ teaspoon
1 cup

Substitute: use ¾ cup canola oil + ¼ cup olive oil

Equipment/Tools:

Large Mixing Bowl or Jar & Wisk

Preparation Steps:

1. Add the Dijon mustard, apple cider vinegar, honey, orange juice, salt, & black pepper to bowl or jar.
2. Slowly whisk in the oil until the dressing is smooth and fully emulsified (blended).

Note: For an extra creamy texture, use an immersion blender.

3. Taste and adjust seasoning if needed. Refrigerate until ready to use.

Store in an airtight container in the refrigerator for up to 1 week.

Shake or whisk before serving, as natural separation may occur.