



Winter Salads . . .

MEDITERRANEAN BROCCOLI SALAD

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| 3/4 cup (175 mL) plain yogurt | 1 clove garlic, crushed |
| 1 tbsp (15 mL) fresh lemon juice | 1 1/4 lb (0.625 kg) broccoli, trimmed |
| 1 tsp (5 mL) Dijon mustard | 1 cup (250 mL) shredded feta cheese |
| 1/2 tsp (2 mL) salt | 1 cup (250 mL) diced red bell pepper |
| 1/2 tsp (2 mL) freshly ground pepper | 1 can (19 oz/540 mL) chickpeas, rinsed and drained |

To prepare dressing, whisk together yogurt, lemon juice, mustard, salt, pepper and garlic until blended; set aside. Cut florets from broccoli. Cut stalks into 1 inch (2.5 cm) pieces. Place florets in food processor. Process, using an on/off motion, until finely chopped. Repeat procedure with stalk pieces. There should be about 6 cups (1.5 L) chopped florets and stalks. Combine broccoli, cheese, red pepper and chickpeas in a bowl. Add dressing and toss to combine. Serves 8.

WINTER GREENS WITH LEMON THYME DRESSING

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| 3 tbsp (40 mL) fresh lemon juice | 1/2 cup (125 mL) olive oil |
| 1 tsp (5 mL) grated lemon peel | Salt and freshly ground pepper |
| 1 tbsp (15 mL) minced green onion | 6 cups (1.5 L) torn romaine lettuce |
| 1 tsp (5 mL) chopped fresh thyme or | 3 cups (750 mL) sliced bok choy |
| 1/4 tsp (1 mL) dried thyme, crumbled | 2 cups (500 mL) torn kale |

To prepare dressing, whisk together lemon juice, peel, onion and thyme; gradually whisk in oil. Season to taste with salt and pepper. Dressing may be refrigerated for up to 4 days. Just before serving, mix greens together and toss with dressing. Serves 8 - 10.

MANDARIN WINTER SALAD

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| 1/4 cup (50 mL) frozen orange juice concentrate, thawed | 1/4 tsp (1 mL) freshly ground pepper |
| 2 tbsp (25 mL) sugar | 1/2 cup (125 mL) oil |
| 2 tbsp (25 mL) red wine vinegar | 8 cups (2 L) torn mixed greens |
| 1 tbsp (15 mL) lemon juice | 2 cups (500 mL) sliced English cucumber |
| 3/4 tsp (3 mL) grated orange peel | 1 can (10 oz/284 mL) mandarin oranges, drained |
| 1/2 tsp (2 mL) grated lemon peel | 1 green onion, sliced |
| 1/4 tsp (1 mL) salt | 1 avocado, peeled and diced |

Combine first 8 ingredients (orange juice concentrate through pepper). Gradually whisk in oil. In a bowl, combine greens with remaining ingredients. Toss with enough dressing to coat. Leftover dressing may be refrigerated for up to 4 days. Serves 8 - 10.