



Think Spring... Serve Greens

GREENS WITH CREAMY DRIED CRANBERRY DRESSING

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| 1/3 cup (75 mL) chopped dried cranberries | 1/4 tsp (1 mL) freshly ground pepper |
| 1/4 cup (50 mL) balsamic vinegar | 1/8 tsp (0.5 mL) salt |
| 1/2 cup (125 mL) mayonnaise | 8 cups (2 L) mixed baby greens |
| 1 tbsp (15 mL) Dijon mustard | 1 cup (250 mL) halved seedless red grapes |
| 1 tbsp (15 mL) water | 1 cup (250 mL) thinly sliced cucumber |
| 1/2 tsp (2 mL) sugar | 1/2 cup (125 mL) thinly sliced red onion |

To prepare dressing, combine cranberries and vinegar in a bowl. Let stand for 30 minutes. Whisk in next 6 ingredients (mayonnaise through salt) until combined. Combine greens, grapes, cucumber and onion in a bowl. Add dressing and toss to coat. Serve immediately. Serves 8.

PORTOBELLO AND RED PEPPER SALAD

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| 3 portobello mushrooms | 8 cups (2 L) torn mixed greens |
| 2 tbsp (25 mL) olive oil | Raspberry Rosemary Vinaigrette, recipe follows |
| 1 red bell pepper | |

Brush mushrooms with oil. Place mushrooms and red pepper directly on grid on natural gas barbecue. Grill over medium heat, turning occasionally, until mushrooms are tender and red pepper is blackened on all sides, about 20 minutes. Transfer mushrooms to a cutting board. Place red pepper in a plastic bag; let stand 10 - 15 minutes. Under cold running water, peel off blackened skin; remove seeds. Slice mushrooms and pepper into 1/2 inch (1.25 cm) wide strips. Arrange greens on a platter. Top with mushroom and pepper strips. Drizzle with Raspberry Rosemary Vinaigrette. Serves 4 - 6.

Raspberry Rosemary Vinaigrette: Whisk together 1 clove crushed garlic, 1 1/2 tsp (7 mL) finely chopped fresh rosemary and 2 tbsp (25 mL) raspberry or red wine vinegar. Gradually whisk in 1/3 cup (75 mL) olive oil. Season to taste with salt and freshly ground pepper. For a creamier dressing, combine ingredients in a blender. Makes about 1/2 cup (125 mL).

MEDITERRANEAN SALAD WITH CUCUMBER AND RADISHES

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| 1/4 cup (50 mL) tahini (sesame seed paste) | 1/4 tsp (1 mL) salt |
| 1/4 cup (50 mL) water | 1/8 tsp (0.5 mL) cayenne pepper |
| 3 tbsp (40 mL) fresh lemon juice | 8 cups (2 L) torn romaine lettuce |
| 2 tbsp (25 mL) soy sauce | 1 1/2 cups (375 mL) sliced English cucumber |
| 1 tbsp (15 mL) honey | 1 cup (250 mL) thinly sliced radishes |
| 1 clove garlic, crushed | 1/3 cup (75 mL) sliced green onion |

To prepare dressing, combine first 8 ingredients (tahini through cayenne pepper) in a blender and puree until smooth. Combine lettuce, cucumber, radishes and onion in a bowl. Toss with dressing to coat. Serve immediately. Serves 8.