

Chef Robs Market chopped salad

Makes 6 portions

½ lb Organic Spring Mix
1 sm Jersey fresh cucumber Chopped
1 ea Jersey Fresh pepper Chopped
1 ea Jersey Fresh Carrot Chopped
2 ea Jersey Fresh Tomato Chopped
2 Stalk Celery Chopped
1 Cup Jersey Fresh Snap peas Chopped
1 Cup Israel cous cous Cooked
2 Tbs Organic Millet Cooked
1 ea Terhune apples Sliced
1 Cup Witherspoon Bread company bread croutons

Herbs galore, Tarragon, parsley, basil, dill, cilantro, oregano.
Top with you favorite grated cheese

Toss all veggies in bowl add spring mix then toss with dressing to order.
At the Farmers Market - Irena simply tossed the salad in virgin olive oil, balsamic, sea salt pepper and fresh herbs and parmesan cheese.

Dressing Conscious Cuisine Balsamic (healthy) Makes 2 ½ cup

1 ¼ cup thickened vegetable stock (thickened with cornstarch slurry)
½ cup virgin olive oil
½ cup Balsamic vinegar
1 Tbs Dijon Mustard
½ Tbs Honey
1 clove minced Garlic
1 small Shallot minced
8 leaves fresh basil chopped
(oregano and thyme work well also)
Sea salt and fresh ground pepper to taste

Thicken vegetable stock with cornstarch and water by simmering stock and whisking in cornstarch slurry. Cool before adding to Dressing.

Take cooled Stock, balsamic, mustard, honey, shallots, garlic and herbs – whisk together, slowly add oil, and adjust seasoning.

Balsamic Dressing (decadent) Makes 2 ½ cups

1 cup virgin olive oil
½ cup vegetable oil
½ cup Balsamic vinegar
1 Tbs Whole grain mustard
2 Tbs Honey
1 Tbs brown sugar

1 clove minced Garlic
1 stem fresh thyme chopped
8 leaves fresh basil chopped
1 stem oregano chopped
2 Tbs cold water
Sea salt and fresh ground pepper to taste

In Bowl add balsamic, mustard, honey, sugar, garlic and herbs – whisk together, slowly add oil and water then adjust seasoning