

Recipes for The Farm at Miller's Crossing, Week 11 - 2008

Carol Hargis, The Market Fresh Chef 

Caesar Salad serves 4

1 head **romaine lettuce**, bite-size
1/4 cup **egg substitute** or 1 pasteurized egg
1/4 cup **olive oil**
2 **cloves garlic**, minced
1 Tbsp. **lemon juice**

S&P

1 tsp. **Dijon mustard**
1 2-oz can **anchovy fillets**, or a few squeezes anchovy paste from a tube

Croutons & Parmesan garnish

Put greens in bowl. Mix the rest in processor til smooth. Toss w/ dressing, add garnishes.



Cabbage Slaw w/ Spicy Greens

3 or 4 handfuls Arugula, Watercress, Red Mustard, or other similar Greens

1&1/2 lbs **Green Cabbage**, very thinly sliced
1 large **Cucumber**, peel, seed, & dice
1 small **Onion** or 1 bunch Scallions w 1" of greens, slice thin
3 tbsp. chopped **Parsley**

salt

Chop greens or cut in ribbons & put in bowl with cabbage, cucumber, onion, & parsley. Toss with 1/2 tsp. salt. Add herb vinaigrette & toss again. Chill at least 30 min.



Quick Pickles *Eating Well* 4 c

1& 1/4 lb. pickling **cucumbers**, 1/4" slice
1& 1/2 tsp. **salt**
1 cup cider **vinegar** AND 1 cup white **vinegar**
1 cup **brown sugar**
1 cup slivered **onion**
2 **cloves garlic**, sliver
1 tsp. **dill seed**
1 tsp. **mustard seed**

Put cuke in colander in sink. Sprinkle w/ salt; stir. Let stand 20minutes. Rinse, drain, put in big heatproof bowl. Mix vinegars, sugar, onion, garlic, dill, mustard in pan. Bring to boil. simmer 10 minutes. Pour on cukes; stir. chill 10 minutes.



Grilled Potato Salad Serves 6

10 med new **potatoes**, quartered
3-4 **pattypan squash**, cut in sections
1 bunch scallions
2 **lemon**, halved
1/4 cup rice vinegar
1/4 cup **olive oil**
1 **clove garlic**, mash, chop
sesame oil
1/2 head **lettuce**, bite-size

Toss potato, squash, onion w/ oil, salt. Put on med-hi grill. Add lemon, cut down. Grill 10-20 minutes til golden & cooked thru, turning. Platter squash when done. Whisk vinegar, oil, garlic, sesame oil, salt. When onion done, cool, cut 1/2". Toss lettuce w/ some dressing, platter. Toss veggies, (not the lemon), w/ dressing, put on lettuce, add onion.

