

HARVEST of the MONTH at home

Crunchy Greens w. Carrot Ginger Dressing



INGREDIENTS

- 1 small carrot, chopped
- 1-inch piece fresh ginger, chopped
- ¼ cup extra-virgin olive oil
- 2 tablespoons rice vinegar
- 1½ teaspoons soy sauce
- 1 tablespoon granulated sugar
- 1 teaspoon onion powder
- Salt
- 2 to 4 heads Little Gem lettuce, or 1 romaine heart, chopped
- 1 cup loosely packed fresh mint leaves

DIRECTIONS

Make the dressing: In a food processor, purée the carrot, ginger, olive oil, rice vinegar, soy sauce, sugar, onion powder, a pinch of salt and 1 tablespoon cold water until as smooth as possible, 1 to 2 minutes.

Dress the salad: Place the lettuce leaves in a large serving bowl. Add a couple of tablespoons of the dressing and toss, then add more as needed to evenly coat. The salad should be lightly dressed, not drowned; don't use every drop of dressing if you don't need to. Taste for seasoning, adjusting with more salt as desired. Top the salad with the mint leaves and serve immediately.

Source: *New York Times*

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Chopped Salad w. Chicken



INGREDIENTS

- ½ cup + 1 TB extra-virgin olive oil
- 1 TB lemon juice
- 1 tsp minced garlic
- ½ tsp dried oregano
- Kosher salt and pepper
- 1½ lbs boneless, skinless chicken breasts, cut into 1-inch pieces
- 1 large zucchini, cut into 1-inch pieces
- 1 medium red bell pepper sliced ½-inch-thick
- 2 TB chopped fresh parsley
- 1 large head romaine lettuce, chopped
- 8 oz. cherry tomatoes, halved
- 3 oz. feta cheese, sliced or crumbled

DIRECTIONS

1. Heat oven to 450 degrees. In a large bowl, combine 3 tablespoons of the oil with the lemon juice, garlic and oregano; season with salt and pepper then whisk to combine. Add chicken, season with salt and pepper, then toss to coat, massaging the marinade into the chicken.

2. On a baking sheet, mix zucchini, bell pepper and 2 tablespoons of oil. Season with salt & pepper, spread in an even layer. Arrange chicken on top. Roast until chicken is cooked through and vegeta-

bles are tender but still have texture, 15 minutes.

3. Transfer chicken and vegetables to a large plate. Strain the pan juices through a fine sieve into a small bowl; add the remaining ¼ cup oil and the parsley and whisk until well blended.

4. Divide romaine and tomatoes among plates. Top each with some of the chicken, vegetables, cheese and a drizzle of the pan-juice dressing.

Source: *New York Times*

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Fattoush Salad



INGREDIENTS

- 2 loaves pita bread
- Extra virgin olive oil
- Kosher salt
- 2 tsp sumac, divided, more as needed
- 1 heart of Romaine lettuce, chopped
- 1 English cucumber, chopped
- 5 Roma tomatoes, chopped
- 5 green onions, chopped
- 5 radishes, thinly sliced
- 2 cups chopped fresh parsley leaves
- 1 cup chopped fresh mint leaves (optional)

DIRECTIONS

Break the pita bread into small bite-size pieces. Heat 3 tablespoon of olive oil in a large pan until shimmering, and add the pita bread. Fry briefly until browned, tossing frequently. Using a pair of tongs, transfer the fried pita chips to a plate lined with paper towel to drain. Season with salt, pepper and sumac. In a large mixing bowl, combine the chopped lettuce, cucumber, tomatoes, green onions with the sliced radish and parsley. To make the dressing, in a small bowl, whisk together the lemon (1) juice, 1/3 cup olive oil, 1 TB pomegranate molasses (opt.), salt, pepper, 1 tsp sumac, 1/4 tsp cinnamon, 1/4 tsp allspice. Toss lightly with dressing. Finally, add the pita chips, and more sumac if you like.

Source: <https://www.themediterraneanandish.com/>

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Harvest Salad



INGREDIENTS

- 4 cups arugula
- 1 butternut squash
- 2 delicata squash
- 2 persimmons, diced or cut into wedges
- 1/2 cup pomegranate seeds
- 2 gala or pink lady apples, diced
- 1 shallot, diced
- 3 tablespoons reduced balsamic vinegar
- 5 tablespoons olive oil

DIRECTIONS

1. Preheat oven to 400F.
2. Place the squash on a baking sheet, drizzle with olive oil and sprinkle with salt. Roast 20 minutes, until fork tender.
3. Place the arugula in a big salad bowl, top with the roasted squash, persimmons, pomegranate seeds, and apples.
4. In a small mason jar with a tight-fitting lid, combine the shallot, reduced balsamic vinegar, and olive oil. Shake to combine well.

Source: *Weelicious*