



MARKET RAINBOW CHOPPED SALAD

One of the joys of shopping at the Market in the summer is discovering the fresh, seasonal produce that our farmers harvest just before coming to the Market. We wait anxiously for the “first” of the season – whether it’s sweet corn, field ripe tomatoes, or beets with their delicious greens attached – so happy to enjoy these treats with family and friends.

The joy of this simple salad – is that you determine the ingredients, based on what is fresh and local, and suits your tastes. Feel free to improvise and use any fruits or veggies that appeal to you. Maybe add some cheese, hard cooked eggs, chick peas or nuts. . . whatever appeals to you.

SALAD INGREDIENTS

4 cups of fresh veggies, diced
Ideas: sweet peppers, broccoli, carrots, radishes, kohlrabi, corn, tomatoes
2 cups of greens or lettuce, torn or chopped

DIRECTIONS

1. To prepare salad: combine chopped veggies and lettuces in a large bowl. Add ½ cup of the dressing and toss to coat, or serve dressing on the side.
2. To prepare the dressing: combine all ingredients in a jar with a tight cover. Shake vigorously to emulsify the vinaigrette. Serve over salad.

Serves 6

VINAIGRETTE INGREDIENTS

2 Tbsp. Dijon mustard
1 Tbsp lemon juice, freshly squeezed
2 tsp. maple syrup
½ tsp. sea salt
1 Tbsp. herbes de provence
¼ cup olive oil



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