



The Edible Garden

Recipe featured at *Cooking for Kids* demonstration, July 28

Summer Salad

By: Dr. Robert Dell'Amore, Chef/Founder, The Healthy Kitchen, Inc.

Serves 4

Ingredients

for the salad

1 package of small or large leaf arugula (can combine with romaine)
2-4 large Portobello mushroom caps, sliced thinly
5-6 cloves garlic, sliced thinly
1/2 red onion sliced thinly
3 tablespoons extra virgin olive oil
1/4 cup red wine (optional)
1/2 can of chickpeas, washed
5 ounces part- skim mozzarella cheese, cubed
1 can of artichoke hearts, drained and washed (optional)
10 cherry tomatoes, halved (optional)
1-2 pears (or peaches, strawberries) sliced thinly
Shaved parmesan cheese (optional)
1 pint (10 ounces) blueberries

for the dressing

1 lemon for juicing
Olive oil
Fresh crushed peppercorns

Instructions

1. Add 2 tablespoons of oil to large skillet over medium heat. When oil is sufficiently hot, add garlic. Cook garlic till slightly browned. Add mushroom slices and black pepper. Add more oil if necessary. As mushrooms continue to cook, they will release their water (called sweating) which will flavor sauté. Add red wine. Sauté till mushrooms are soft.
2. Add all salad ingredients in large bowl and mix. Dress with juice of 1 lemon, remaining extra virgin olive oil, fresh crushed black pepper. Shave cheese with peeler. Add mushrooms and shaved parmesan cheese to each plate.