



The Edible Garden

Recipe featured at Garden-to-Table weekend featuring berries, July 3

Sucrine Salad with Strawberries and Peas

By: Alissa Dicker Schreiber, Cooking instructor, food writer, and founder of The Kitchenista website

Makes 2 servings

Ingredients

4 small heads of sucrine (or 1 head of bibb lettuce)
1 or 2 spring onions
1 cup strawberries (about ½ pint, preferably small)
½ pound shell peas (in pod) or about ½ cup shelled
Chives, to taste
¼ cup balsamic vinegar
2 tablespoons extra virgin olive oil, plus more if needed
Sea salt
Freshly ground pepper

Instructions

- Fill a saucepan about halfway with water. Cover the saucepan, put it on the stove, and bring the water to a boil over high heat.
- Meanwhile, separate the heads of sucrine (or bibb lettuce) into individual leaves by cutting off the base of the lettuce, which holds the head together. Wash and dry the lettuce. Shell the peas, if necessary, and rinse the peas in a colander. Rinse the strawberries and spring onion(s). Rinse the chives and pat them dry with a clean kitchen towel or paper towel.
- Cut the spring onion(s) into thin slices. Trim off the tops of the strawberries. (You can either discard them or use them to make tea.) If the strawberries are very small, you can leave them whole. Medium and large strawberries can be cut into quarters, or wedges. Chop the chives.
- Add the peas to the boiling water in the saucepan, and let the peas cook for about a minute or two, or until they've all floated to the top of the pan. (If desired, you can carefully taste one. If it tastes sweet and tender, and not too crunchy, the peas are done cooking.) Drain the peas into a colander in the sink. Rinse the peas under cold running water to stop the cooking.
- Arrange the sucrine on a plate or in a large bowl.
- Make the dressing. Heat a small frying pan over medium-high heat. Add the balsamic vinegar. (Be sure to stand back, so you don't get a big whiff of vinegar!) Allow the balsamic to boil and reduce until it thickens to a syrupy consistency (thick enough to coat a spoon). This usually takes 3-4 minutes.

- Drizzle the sucrine with extra virgin olive oil. Using a spoon, drizzle the reduced balsamic vinegar over the salad, and sprinkle with sea salt and freshly ground pepper. Scatter the peas, sliced spring onions, and strawberries over the sucrine. Finish with a little extra freshly ground pepper, and sprinkle with chives.

Notes: Feel free to add other seasonal ingredients to this recipe, or to leave out any ingredients that you don't have on hand. It'll still taste great!

Tastes great topped with a bit of crumbled feta or aged goat cheese.

For more fruit and veggie tips, and to learn the keys to a perfect salad, visit www.thekitchenista.com.