

NYBG

EDIBLE ACADEMY
FRESH FROM THE GARDEN TASTINGS



FARMER'S MARKET WARM AUTUMNAL BREAD SALAD By Winnifred Lee, Grow NYC

Serves 2

Ingredients:

- 2 tablespoons olive or canola oil
- 2 tablespoon pepitas (pumpkin seeds)
- *1 onion, peeled and diced
- *2 slices crusty bread (of your choice)
- *8 cherry tomatoes, halved
- *2 cups kale or spinach
- *1 teaspoon honey
- *1 tablespoon apple cider vinegar or other vinegar

** Ingredients available seasonally at your neighborhood Greenmarket or Farmstand*

Instructions

Add one tablespoon of the oil to a large skillet. Cut the bread into small pieces (approx. ½ inch) and add to the oil. Sauté for about five minutes until the bread has crisped up and transfer to a plate.

Add the second tablespoon of oil to the pan along with the onion. Sauté for about ten minutes until the onion is translucent and lightly caramelized. Add the tomatoes and continue to sauté for an additional five minutes until the tomatoes begin to soften.

Add the honey and vinegar to the pan along with the kale. Add pepitas (pumpkin seeds). Cook for an additional couple of minutes until the greens begin to wilt and return the bread to the pan for a final minute. Serve warm.