

FRESH FROM THE GARDEN TASTINGS

Strawberry-Chamomile Salad



Ingredients

1 pound leafy spring greens (lettuce, spinach, arugula, etc.)
1 ½ cups strawberries, chopped (approximately 1 pound)
Zest of 1 lemon
2 Tablespoons pumpkin seeds, roasted
4 figs or dates, roughly chopped
4 ounces goat cheese
¼ teaspoon salt, or more to taste
1 Tablespoon fresh chamomile flowers, to garnish

For the dressing

6 Tablespoons fresh chamomile flowers (2 Tablespoons dried)
2 Tablespoons lemon juice
1 Tablespoon lime juice
1 teaspoon grated ginger
½ teaspoon agave syrup, honey or maple syrup
6 Tablespoons olive oil
1 Tablespoon vinegar (white balsamic preferred)
Salt and pepper, to taste

Serves 4

Instructions

To prepare the dressing, mix all the ingredients together in a glass jar with a tightly sealed lid. Marinate for 4 hours then strain out the solids and set aside.

To prepare the salad, wash and chop the greens and strawberries. Add lemon zest, pumpkin seeds, figs or dates, salt, and dressing. Toss. Add goat cheese and toss again gently. To serve, garnish with chamomile flowers. Add salt and pepper, to taste.