



FarmFresh

Recipes

May 2017

Available Now...

Greens

Spring has sprung and tender greens are poking through the ground. Colorado grows a wide variety of greens, both field and greenhouse, such as arugula, kale, collard and different types of lettuce.



Tips & Nutrition

Romaine lettuce is sodium free, high in Vitamin A and a good source of folate.



Fresh Inspirations...

Harvest Chopped Salad

Ingredients

- 1 Cup Romaine Lettuce, shredded
- 2 Tbsp. Red Tomato, diced
- 1 Tbsp. Yellow Tomato, diced
- 1/4 Cup Cucumber, diced
- 2 Tbsp. Celery, diced
- 1 Carrot, diced
- 2 Tbsp. Black Olive, sliced
- 2 Tbsp. Garbanzo Beans
- 2 Tbsp. Provolone Cheese, diced
- 1 Tbsp. Radish, diced
- 6 Artichoke Hearts, quartered
- Celery Seed to taste
- 1/4 Cup Ranch or Green Goddess Dressing

Directions

Toss lettuce, tomatoes, cucumber, celery, carrot, black olives, garbanzo beans and cheese with dressing then garnish with artichoke hearts, radish and celery seed. Great topped with grilled chicken or grilled striped bass.

Enjoy with a glass of Colorado wine such as Dry Riesling from Plum Creek Winery in Palisade, Colorado.

Provided by Chef Jason K. Morse, CEC, 5280 Culinary, LLC and Ace Hardware Grill Expert



Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at www.coloradoagriculture.com for a complete list of recipes.

Next Month... Colorado Dairy, National Dairy Month