



FarmFresh

Recipes

August 2014

Available Now... Everything!

August is Colorado Proud Month and the perfect time to find a bounty of Colorado produce available at grocery stores, farmers' markets, roadside stands and u-picks.



Choose Colorado Tour

Join us for the Choose Colorado Tour in August. For more information, a list of tour stops and to enter for a chance to win a \$100 Safeway gift card, visit www.coloradoproud.org.



Fresh Inspirations...

Spring Beet Salad

Ingredients

- 2 Beets, blanched, peeled and sliced
- 2 cups Water
- 1 cup Apple Cider
- 1 package Baby Spinach
- 2 Shallots, peeled
- 1 pint Grape or Cherry Tomatoes
- 1 cup Pecans or Walnuts, chopped
- 1 cup Feta Cheese
- 1/2 cup Tomato Vinaigrette Dressing

For Dressing:

- 1 Small Onion, peeled and chopped
- 1/2 fl. oz. Olive Oil
- Sea Salt to taste
- Black Ground Pepper to taste
- 1 14 oz. can Diced Tomato
- 1 tsp. Tarragon, dried
- 1 Egg Yolk
- 1/4 cup Champagne Vinegar
- 1 1/4 cup Olive Oil
- 1 1/4 cup Canola Oil

Directions

Boil beets in water and apple cider (covered) until fork tender. Remove from heat, chill, peel and slice. Slice shallots and sauté with tomatoes until tender. Remove from heat and allow to cool. Arrange spinach in bowl, top with sautéed shallots and tomatoes then with beets, nuts and cheese. Add dressing to taste.

For Dressing: Heat a large sauté pan and add .5 fl. oz. of oil. Add the onions and sauté until golden then add the tomatoes, salt and pepper. Cook the mixture then chill. Pour the chilled mixture into a food processor then add tarragon, egg yolk, champagne vinegar and salt. Mix in the food processor until fully combined. Slowly add the oil and mix until fully emulsified. Adjust seasoning and refrigerate.

Provided by Chef Jason K. Morse, CEC, Executive Chef, Douglas County School District and 5280 Culinary, LLC

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 Apples