

Spring Vegetable Salad with Yogurt Herb Dressing

Welcome the exciting flavors and beautiful colors of Spring with this vibrant salad!

Ingredients

Butter Lettuce, torn into pieces
Red Leaf Lettuce, torn into pieces
Radicchio, halved then chopped into 1-inch pieces
Fennel Bulb, thinly sliced
Heirloom Carrots, ends trimmed (skins on)
Asparagus, ends trimmed
Baby Zucchini, ends trimmed
Fresh Peas, shelled
Heirloom Grape or Cherry Tomatoes, halved
Sunflower Sprouts
Salt

Garnish

Edible or Organic Flowers -optional

Yogurt Herb Dressing

1 Garlic Clove
2 tablespoons chopped fresh Chives
¼ cup chopped fresh Dill
2 tablespoons fresh Lemon Juice
1 teaspoon White Wine Vinegar
½ cup Whole Plain or Greek Yogurt
2.5 ounces French Feta Cheese
¾ cup Extra Virgin Olive Oil
Fresh ground Black Pepper to taste

Special Equipment

Food Processor

Preparation

Heat large pot of water with a pinch of salt and bring to a boil.

Fill a large bowl with water and ice cubes.

Blanch carrots for 2 minutes in boiling water, transfer to bowl of ice water using tongs or a slotted spoon. When carrots have cooled down completely, remove from bowl of ice water and set aside. Repeat process with zucchini, asparagus and peas and set aside separately. Vegetables should be slightly cooked yet crisp.

Cut carrots into medium size sticks, set aside. Slice zucchini.

Toss butter lettuce, red leaf lettuce, radicchio and fennel in a large serving platter or bowl. Top with carrots, tomatoes, zucchini, peas, asparagus and sunflower sprouts. Garnish with fresh flowers.

Prepare Dressing: Pulse garlic in a food processor. Add chives and dill and pulse. Add lemon juice, white wine vinegar, yogurt, and feta cheese, blend until combined. While machine is running add olive oil until incorporated and smooth. Add black pepper to taste.

Dressing will serve 6-8