

# Winter to Spring Hazelnut Salad

I like to make a meal of these ingredients. Portions can be scaled up or down.

- Heather Morrill, [Portland Farmers Market](#)

## SALAD INGREDIENTS

(two big servings)

Squeeze of lemon

1/2 bag of spring greens (spinach, arugula, etc)

4 leaves kale, shredded

1/4 cup sliced red onion

1 cup roasted butternut squash (peel and dice, toss with oil and roast at 425°F until browned and soft, about 15–20 minutes)

2 Tablespoons chopped hazelnuts, toasted

1/2 medium pear (or apple), thinly sliced

Optional:

1/4 cup crumbled Gorgonzola cheese

2 Tablespoons dried cherries +/- cranberries +/- fresh pomegranate arils

**Dressing recipes on page 2.**

## DIRECTIONS

Put the shredded kale in a large bowl.

Add lemon juice and a drizzle of olive oil.

Use your hands to massage the lemon juice and olive oil into the greens, about a minute or so. (Just oil would work in a pinch, or substitute a splash of apple cider vinegar.)

Working kale with your hands a bit renders it tender enough to eat without cooking. The greens should wilt slightly and take on a deep green color.

Add salad greens, red onion and dressing. Toss to coat.

Put dressed greens and onion on a plate and top with roasted butternut squash, chopped hazelnuts, sliced pear plus any/all optional ingredients.

Enjoy!

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These dressings make more than you need for two big servings—save for future salads!

- Heather Morrill, Portland Farmers Market

### **Balsamic + Hazelnut**

(food processor needed)

- 1/2 cup chopped hazelnuts, toasted
- 2 Tablespoons red onion
- 4 teaspoons balsamic vinegar
- 4 teaspoons sugar
- 1/2 teaspoon salt
- 1/4 cup Extra Virgin Olive Oil

Combine in a food processor until blended (I like some tooth to my hazelnuts)

### **Quick Vinaigrette**

(no equipment needed)

- 1/4 cup apple cider vinegar
- 2 teaspoons whole grain or Dijon mustard
- 2 teaspoons pure maple syrup (or honey)
- 1/8 teaspoons sea salt
- 1/8 teaspoons ground black pepper
- 1/4 cup Extra Virgin Olive Oil

Combine ingredients in a mason jar, put on lid, and shake shake shake

Enjoy!

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