

# Roasted Beet and Thyme Salad

Oven roasted **Beets** (peeled, halved and sliced)

**Sweet Onion**, halved and thinly sliced (Vidalia, Walla Walla or Maui)

**Apple Cider Vinegar**

**Feta Cheese** crumbled (preferably not pre-crumbled as it lacks in flavor, French (Costco) or Israeli (Trader Joes) is the best)

**Fresh Thyme** (chopped)

\* Mix all ingredients and serve.

\* **How to roast Beets**: cut off ends (leaves and tip so its flat). wrap in foil. bake for 45 min. @ 375.

# Broccoli and Rice Salad

This is a flexible salad. The only things that are necessary are broccoli, rice, vinaigrette, and cheese. The green garlic or spring onions would be a delicious addition to this recipe.

2 Cups Cooked Brown **Wild Rice**, cooled (Trader Joe's is by far the most delicious)

1 Head **Broccoli**- Steamed till bright green and cooled- finely chopped.

1/2 Cup Sauteed **Mushrooms**

**Vinaigrette** - to taste

**Walnuts** (or pine nuts)

1/2 Cup **Parmesan Cheese**

**Salt & Pepper** to Taste

**Green Garlic** OR **Spring Onions**, minced (the whole thing except bulb).

**Fresh Herbs** (whatever you have on hand, I've used anything from rosemary to cilantro. It all tastes great)- finely Chopped

\* Mix all ingredients together and refrigerate until ready to serve!

# Spring Garlic Pesto

2 bulbs **Spring Garlic**

2 cups **Basil**

1/4 cup **Pine Nuts**, toasted

1/4 Cup **Hard Cheese** such as Romano (this is optional, it will mask the delicate flavor of the spring garlic)

1/4 - 1/2 cup **Olive Oil**, more/less as needed

**Salt and Pepper**, to taste

\* Blend all ingredients in a food processor until smooth. Make sure to add oil slowly, and as needed for your desired consistency. Serve over asparagus, pasta, shrimp or whatever you usually put pesto on. If storing, top with a thin layer of olive oil and it will retain the beautiful color you started with.