

Warm Spring Greens with Goat Cheese

The key to making a satisfying salad is having enough fat and protein in the mix to make it have enough nutrition to satiate your hunger & enough layers of flavor to excite your tastebuds. This salad fits the bill. By shredding the kale instead of chopping it, the cheese and add-ins will coat more of the kale, making it even more delicious. Leave out the bacon if you want to go meatless.

Add a hard boiled egg or grilled chicken, maybe some homemade croutons or a slice of bread, and this can be a great meal by itself. Alternately, it's a fantastic side dish to accompany a grilled steak or a burger. This recipe makes one good-sized portion of salad, so increase accordingly.

INGREDIENTS & DIRECTIONS

- 1 bunch worth of fresh spring greens, such as mustard, collards, kale, spinach - stems & inner ribs trimmed and leaves cut into 1/2" wide ribbons
- 2 tablespoons butter, ghee, or olive oil (your preference)
- 1 clove of garlic, peeled & minced
- 1/2 medium onion, thinly sliced
- 2 teaspoons balsamic vinegar, plain or flavored
- 3 slices of thick-sliced bacon, diced (optional)
- 1/2 cup raisins or berries
- 1/2 cup walnuts or nuts of your choice
- 4 oz. goat cheese (plain or flavored), crumbled
- salt & pepper

What is ghee?

Ghee is a premium cooking oil that is ideal for high heat due to its high flash point. It's shelf stable, lactose-free, and casein-free, making it a better choice than many oils for those who are lactose intolerant or have digestive issues. Ghee is high in vitamins A & D, and promotes healthy digestion.



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In a large skillet, cook the diced bacon. Carefully remove fat from the pan but don't wash it. Allow the bacon pieces to drain.

Add onions to the pan. If you aren't using bacon, add butter to the skillet now.

When onions begin to soften, add the garlic & balsamic (and the butter (or oil/ghee if you haven't already), stirring, until golden and soft.

Lower the heat and add the greens to the pan. Using a large spoon, carefully toss the greens in the onion and garlic mixture until they are coated and turn bright green. You're trying to wilt them & coat them in the mixture - not cook the greens all the way through.

Remove from heat and toss in the nuts and fruit. Put into bowl and add crumbled goat cheese.

Season with salt and pepper to taste.

Market Shopping List

- Berries (June-Sept) - 18th C. Purity, Apis Verdi, Bluebird Hill, Blueberry Hill Organics, Easy Pickin', Riverview, Wayne's Organic
- Bacon (June - Oct) - Proctor Hall Farm
- Balsamic (June-Oct) - Ariston, Capa di Roma
- Garlic (June-Oct) - 18th C. Purity, Apis Verdi, Blueberry Hill Organics, CT Valley, Oxen Hill, Riverview, Wayne's Organic
- Ghee - FarmTrue (guest vendor, 2x/month)
- Goat Cheese - Beltane Farm
- Greens (June-Oct) - 18th C. Purity, Apis Verdi, Bluebird Hill, Blueberry Hill Organics, Colgan, CT Valley, Easy Pickin', Oxen Hill, Riverview, Wayne's Organic
- Nuts - The Nut Guy
- Olive Oil (June-Oct) - Ariston, Capa di Roma
- Onion (July-Oct)- 18th C. Purity, Apis Verdi, Bluebird Hill, Blueberry Hill Organics, Colgan, CT Valley, Easy Pickin', Oxen Hill, Riverview, Wayne's Organic

Craisins, salt, pepper - **Highland Park Market of Coventry - Bring this recipe in for FREE OCEAN SPRAY CRAISINS (6oz. package) through June 16, 2018. (PLU 15)**