

2016 Kids in the Garden Recipes

Spinach Salad with Orange Honey Vinaigrette* (serves 8-12)

Mix dressing. Add to salad mix right before serving.

2 T. honey
4 T. frozen OJ concentrate
1 T. minced shallot (jarred or fresh)
2 T. red wine vinegar
2 T. balsamic vinegar
3/4 C. olive oil
salt & pepper

Prepare the salad mix

2 bunches spinach (wash & tear in bite-sized pieces)
3 scallions sliced
1 quart strawberries (washed and sliced)
1/2 c. pumpkin seeds/pepitas
*Adapted from Asparagus to Zucchini

Cauliflower/Broccoli Salad with Apples & Raisins (6-8 servings)

Mix the dressing: 1 c. mayo + 1/4 c. sugar + 2 T. vinegar (white) + salt & pepper

3 c. chopped broccoli
3 c. chopped cauliflower
1/2 c. raisins
1/2 c. chopped onions
1-2 apples, cored and diced
1/4 c. bacon or 1 t. smoked paprika
Sunflower seeds

Break apart florets. Cut into smaller pieces if desired. Place into a large bowl. Add all other ingredients and toss with dressing.

Make sure all the ingredients are cold when you start.

Note: you can use any vinegar, but darker ones will make the dressing a caramel color instead of white.

Texas Caviar

Serve with tortilla chips. We served 40-50, everyone got more than a taste.

Mix the following in a bowl to make a dressing.

1/2 t. salt
1/2 t. pepper
1 1/2 t. cumin
1 t. oregano
1/2 c. cider vinegar
1/2 c. oil
1/4 c. sugar

Add the following to the above bowl and mix. Serve right away or let it marinate overnight in the refrigerator.

1 small can green chilies (drained)
16 oz. frozen petite white corn (cooked according to directions)
1 can blackeyed peas (drained)
1 can black beans (seasoned)

1 can diced tomatoes, fire roasted(drained)
1 can pinto beans (drained)
1 green pepper (chopped)
1 orange pepper (chopped)
1 small onion (chopped)
Cilantro (chopped)