

ORCHARD SALAD

YIELD: 4-6 SERVINGS



INGREDIENTS

FOR ORCHARD SALAD

½ head romaine lettuce, washed, dried, and cut into ½ inch strips

½ head iceberg lettuce, washed, dried, and cut into ½ inch strips

1 Gala or Fuji apple, cut into ¼ inch sticks

1 Bartlett or Anjou pear, cut into ¼ inch sticks

1 small jicama, cut into ¼ inch sticks

½ cup dried cranberries

¼ cup sunflower seeds

½ Tbsp. olive oil

½ tsp. salt

½ cup green goddess dressing
see sub-recipe

FOR GREEN GODDESS DRESSING

2 cups mayonnaise

¾ cup buttermilk

¼ cup heavy cream

2 ½ Tbsp. red wine vinegar

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METHOD

FOR GREEN GODDESS DRESSING

1. With a blender or immersion blender, blend the buttermilk, parsley, tarragon, salt, black pepper, sugar, and chili paste until bright green.
2. In a mixing bowl, whisk together the mayonnaise, heavy cream, red wine vinegar, and lemon juice.
3. Combine the mayonnaise mixture with the blended buttermilk and herb mixture, then refrigerate until ready to used.

FOR ORCHARD SALAD

1. Preheat the oven to 350°F.
2. In a small bowl, toss the sunflower seeds with the olive oil and salt.
3. Place the sunflower seeds on a sheet pan and bake for 10 minutes, until lightly golden brown and fragrant.
4. In a large bowl, combine the prepared lettuce, apple, pear, jicama, roasted sunflower seeds, dried cranberries, and ½ cup green goddess dressing, and toss until well combined.



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¼ cup lemon juice

½ cup parsley, chopped

2 ½ Tbsp. tarragon, chopped

1 small shallot, minced

1 clove garlic, minced

½ Tbsp. sugar

1 tsp. salt

1 tsp. chili paste

¼ tsp. black pepper

