

Farm Greens and Sunflower Seed Salad

By Chef Gretchen Fayerweather

4 servings Make it your own! This salad could be served as is, or change the sunflowers to cashews, pecans, walnuts, or sliced almonds. I also like to add goat cheese, blue cheese, or shredded aged cheddar.

Add a grilled chicken breast to make this an entrée!

Ingredients:

1/3 cup roasted sunflower seeds

4 cups total of your choice or all of listed greens: Swiss chard, spinach, lettuce, bok choy, or kale stemmed and thinly sliced. Mustard greens can be used thinly sliced in small amounts depending on your taste.

Dressing:

1 tablespoon whole-grain mustard or Dijon mustard

1 tablespoon, fresh lemon juiced

¼ teaspoon coarse salt

1 tablespoon pure maple syrup (honey could be substituted)

1 tablespoon apple cider vinegar

3 tablespoons olive oil, (sunflower oil could also be used)

Method of Preparation

1. Stir mustard, lemon juice, vinegar, salt, and maple syrup together in a small bowl; whisk in oil until emulsified.
2. Toss greens together.
3. Stir in sunflower seeds and pour in dressing; toss to coat.
4. Serve immediately.

This dressing is a very basic vinaigrette, and could be altered to fit your menu needs! You can change the seasonings, add more seasonings, or add raspberries, blueberries, orange pulp, or change the vinegar to balsamic, or use white!

A classic vinaigrette should always be a 3 parts oil to 1 parts acid ratio.