

**Cooking Class for June 1, 2015**

**Garden Potato Salad**

*New potatoes are baby spring potatoes with beautifully thin skins. The red-skinned potatoes contrast well with the vibrant green peas and herbs in this recipe, but you can use any kind of potato you like.*

*Servings: 8    Hands-On: 15 minutes    Total: 1 hour, 25 minutes*

Ingredients:

- 3 pounds New Potatoes, halved
- 1 ½ teaspoon Kosher Salt, divided
- 4 ounces fresh Snow Peas or Sugar Snap Peas
- 3 Tablespoons coarse-grained Dijon Mustard
- 3 Tablespoons fresh Lemon Juice
- 1 teaspoon Sugar
- ¼ teaspoon freshly ground Black Pepper
- 2/3 cup Extra Virgin Olive Oil
- 1 cup loosely packed Fresh Herbs (such as basil, chives, mint, and dill); coarsely chopped

Directions:

1. Bring potatoes, water to cover, and 1 tsp. salt to a boil in a large Dutch oven or pot over medium-high heat. Reduce heat to medium-low and cook 10 to 15 minutes or until tender, drain. Cool 30 minutes.
2. Cook snow peas in 2 cups boiling water in a medium saucepan over medium-high heat 1 minute or until crisp-tender; drain, pressing between paper towels. Cut peas into ½ inch pieces. Cover with plastic wrap, and chill until ready to use.
3. Whisk together mustard, next 3 ingredients, and remaining ½ tsp. salt in a medium bowl; gradually add olive oil in a slow, steady stream, whisking until smooth.
4. Gently toss together the potatoes and ½ cup dressing in a large bowl, and let stand 30 minutes. Just before serving, gently stir in peas, herbs, and remaining dressing. Add salt and pepper to taste.

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\* **Garden Fresh Three Bean Salad** \*  
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\* Ingredients – Salad \*

- \* • 2 pounds of your favorite Beans
- \*     (a mixture of green, gold, and yellow, filet and romano beans)
- \* • 1 large Sweet Onion
- \* • 1 - 15 ounce can of Red Kidney Beans

\* Ingredients – Dressing \*

- \* • 2 Tablespoons Olive Oil
- \* • 3 Tablespoons Apple Cider Vinegar
- \* • 2 teaspoons Honey (or Sugar)
- \* • pinch of Kosher or Sea Salt
- \* • freshly Ground Black Pepper to taste

\* Preparation – Salad \*

- \* 1 Blanch beans: dip fresh beans in salted boiling water for 1-2 minutes.
- \* 2 Remove when colors brighten, rinse with cold water to cool down beans
- \* 3 Chop into bite-size pieces and place in bowl
- \* 4 Thinly slice a sweet onion into rings, then halve rings
- \* 5 Add to chopped beans
- \* 6 Rinse 15 oz. can of kidney beans, drain and add to chopped beans
- \* 7 Mix all the ingredients, refrigerate
- \* 8 Make dressing

\* Preparation – Dressing & Salad \*

- \* 1 Add all dressing ingredients to small bowl
  - \* 2 Whisk to combine ingredients
  - \* 3 Drizzle over bean bowl and toss salad
  - \* 4 Cover and refrigerate for an hour
- \* Toss before serving

**Blueberry, Kale, & Bulgur Salad with Mint Dressing**

*Hands on: 15 minutes Total Time: 30 minutes Serves 8 (serving size = ¾ cup)*

*Calories: 200 Fat: 11 gr. Protein: 4 gr. Carbs: 24 gr. Sodium: 236 gr.*

Ingredients:

- 1 cup water
- 1 cup Cracked Bulgur Wheat
- ¾ cup Mint Leaves
- 1/3 cup Extra-Virgin Olive Oil
- 1 ½ Tablespoon Fresh Lemon Juice
- 1/2 teaspoon Kosher Salt
- ½ teaspoon Freshly Ground Black Pepper
- 1 cup Blueberries
- ¾ cup Red Onion, thinly vertically sliced, soaked in cold water for 10 minutes, and drained (helps the rings stay crunchy but a little milder in flavor)
- 6 Radishes, thinly sliced
- 4 medium Carrots, cut into thin strips
- 1 bunch Kale, trimmed and thinly sliced
- ½ small head Red Cabbage, shredded
- 2 ounces Feta Cheese, crumbled (about ½ cup)

Directions:

1. Bring 1 cup water to a boil in a small sauce pan.
2. Combine the boiling water and bulgur in a mixing bowl. Let mixture stand, covered 25 minutes or until all water is absorbed.
3. Place the mint, oil, lemon juice, salt, and pepper in a blender; process until pureed
4. Use a fork to fluff the bulgur. Add the dressing, cucumber, blueberries, onion, radishes, carrots, kale, cabbage, and feta to the grains; toss to combine.