

# The Spring Nor'Easter Salad

Culinary Medicine, Nutrition Services

Serves: 6, Serving Size: 1 cup

Equipment: baking sheet, oven, cutting board, knife, prep bowls, large pan, spoon, stove top

## Ingredients

2 cups fresh asparagus  
1 + 2-3 tablespoon extra virgin olive oil  
To taste, salt and black pepper  
1 pound fresh dandelion greens, washed (or kale)  
1 large leek, white and green sliced thin  
1/4 cup vinegar (e.g. apple cider, sherry, red wine)  
1-2 tablespoons maple syrup  
2 each apples or pears, diced (optional garnish)  
1/4 cup pumpkin seed (optional garnish)  
1/4 cup goat chevre (optional garnish)

## Instructions

1. Preheat oven to 425 degrees F. Cut asparagus into thirds, toss with oil, salt, pepper, and roast for 15-25 minutes until tender, stirring halfway. Remove from oven and set aside.
2. Using your hands or a knife, remove the stems from the dandelion greens. Set aside.
3. Roll the greens into a tube and slice thin. Place in a large bowl.
4. Slice the stems into small pieces. Place into small bowl with the leeks.
5. In a large pan, warm oil over medium heat. Add stems, leeks, salt and pepper and sauté 5-7 minutes stirring regularly, or until the vegetables are soft and starting to brown. Add additional oil if needed.
6. Add maple syrup and vinegar, stir, and remove pan from heat.
7. Pour contents into bowl of greens and toss, wilting the leaves slightly.
8. Serve in bowls topped with optional garnish.



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## Why We Like This Recipe

This recipe features ingredients found wild or easily grown in the Vermont climate.

### Chef's Notes:

- If desired, chop up some bacon and cook it in the pan before adding the dandelion stems and leeks. You can also serve this with a poached or fried egg for some added protein.

### Nutrition Notes:

- Allium vegetables (like leeks) contain sulfur containing compounds that have antioxidant, antiviral, and anti-bacterial properties.

### Gardener's Notes:

- *Allium ampeloprasum* (Leeks) are members of the onion family. Develop edible part of the leek is a long cylinder of bundled leaf sheaths their characteristic "blanched" white part by dropping individual leek starts in a 6" deep hole which will fill with soil over time as you water.



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