

WINTER SALAD

WITH YOGURT DRESSING

A Mobile Market Recipe

Makes: 4-6 Servings

Salad Ingredients:

- 1 head romaine lettuce
- 1/2 large cucumber
- 1 avocado
- 1/2 small red onion
- 1/4 cup slivered almonds*

**Use sunflower seeds or pepitas for a nut-free option*

Yogurt Dressing:

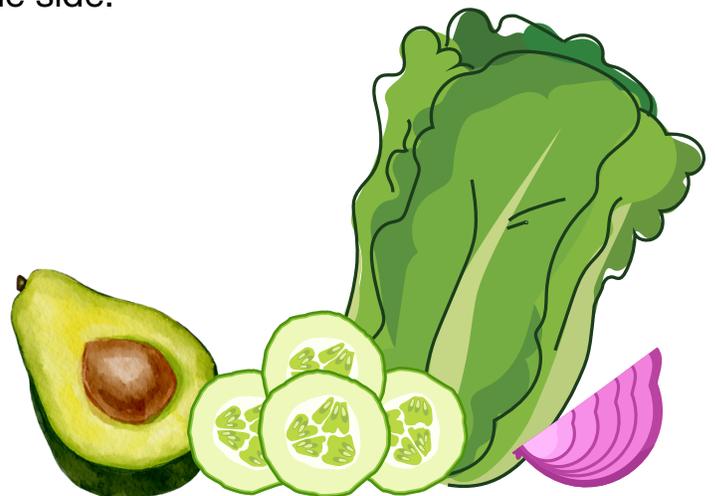
- 1/2 cup plain yogurt
- 2 Tbsp. olive oil *(or vegetable oil)*
- 2 Tbsp. lemon juice *(or vinegar)*
- 1 tsp. lemon zest *(if using fresh lemon)*
- 1 clove garlic, minced *(1/8 tsp. dry)*
- 1 tsp. sugar
- 1/2 tsp. salt
- 1/4 c. fresh parsley *(1-2 Tbsp. dried)*

Note:

Try adding other crisp and colorful fruits and vegetables, such as thinly sliced apple, bell pepper, or shredded carrots!

Instructions:

1. Whisk the dressing ingredients in a bowl, then set aside to let the flavors develop.
2. Wash, dry, and chop the lettuce. Measure about 6 cups into a serving bowl.
3. Wash the cucumber. Cut it lengthwise then into half-moon slices; add to the bowl.
4. Cut the half onion in half again lengthwise. Slice it thinly and add it to the bowl.
5. Cut the avocado in half; remove the pit. Cut into 1/4 inch slices; set aside.
6. In skillet over medium heat, toast the almonds until golden brown, about 5 minutes, stirring frequently. Set aside.
7. Pour half the dressing over the lettuce and toss to combine.
8. Distribute the avocado and almonds on top and serve the remaining dressing on the side.



VEGGIE FRITTATA

(CRUSTLESS QUICHE)

A Mobile Market Recipe



Makes: 4 Servings

Ingredients:

3-4 cups chopped vegetables
1 Tbsp. Butter or cooking oil
1 Onion, halved and sliced
8 Eggs
1 cup Milk
1 cup Shredded Cheese
1/2 tsp. Salt
1/2 tsp. Pepper



*If your pan is not ovenproof, transfer the cooked onions to a baking dish (such a pie plate) and continue from there.

Instructions:

1. Preheat oven to 375 degrees F.
2. If using sturdy veggies (broccoli, cauliflower, potatoes, winter squash, etc.) first steam them until just tender and set aside (they will cook more in the frittata).
3. Heat a pan (ovenproof if you have one*) over medium heat. Melt the butter and add the onions; stir and cook until they are golden brown and starting to caramelize.
4. Remove the pan from heat and spread the onions evenly across the bottom*, then spread the vegetables evenly over the onions. The dish or pan should look fairly full.
5. Sprinkle the cheese over the veggies.
6. In a bowl, whisk the eggs; mix in the milk, salt and pepper. Pour the egg mixture into the pan, allowing it to fill in around the vegetables.
7. Transfer the pan or baking dish to the oven and bake for about 45 minutes. Once the surface is lightly browned all the way across, take the internal temperature; if it is at least 160 degrees Fahrenheit, the frittata is fully cooked.
8. Cool for 20 minutes before slicing. You can refrigerate leftover portions up to 3 days or freeze for later use.