



recipes and nutrition



FRESH FROM THE FARM

It's always great when you can find delicious combinations with all that great produce you get in your IFM distributions. In March we continued to give out the local citrus. The beets and scallions were procured from Starbright Farm. In addition, we distributed cilantro, courtesy of a generous donation from Higareda Family Farm. If you happen to have these ingredients handy, give this easy sweet and savory salad a try.

Roast Beet Salad With Honey Lime Dressing

Prep Time: 20 mins Cook Time: 30 mins Serves: 4

Ingredients:

4 medium size beets (about 500 gram), skin intact but remove leaves
100 gram shallots, diced
2 jalapeno, seeded and diced
a handful of cilantro, chopped
a handful of scallion, thinly sliced
Honey lime dressing (mix the following together)
2-3 limes, zest and juice
1/4 cup honey
1/2 tsp. salt
1/4 tsp. ground pepper

Instructions:

Preheat oven to 200 Celsius (400 Fahrenheit). Line a loaf pan with aluminum foil, place beets inside the pan, then cover the pan with aluminum foil. Roast in the preheated oven for about 30-40 minutes, or until a toothpick can easily glide into the beets.

Once the beets are cool enough to handle, peel the skin, and dice the beets. Place diced beets in a mixing bowl. If you haven't prepared the rest of the salad, you can cool the diced beets in the fridge while you do so.

Add shallots, jalapeno, cilantro, and scallions into the mixing bowl with the beets. Pour the honey lime dressing, toss to coat well, adjust salt/pepper if needed. Chill the salad first for about 1 hour prior to serving.



STILL WONDERING HOW TO PREPARE THAT CAULIFLOWER?

This versatile winter vegetable has many possibilities! Did you know that cauliflower has wonderful health benefits? It is a cruciferous vegetable, and is considered to be a cancer preventer. Cauliflower is a good source of Vitamin C and Manganese, and it's levels of vitamin K make it anti inflammatory too.

Winter is still with us, but this recipe will remind you that spring isn't too far away. After the winter season is a great time to consider healthier meal options like salads. Cauliflower and peas go beautifully together. When you top everything off with a lemon and cumin dressing, it all comes alive! Give this one a whirl. I know you won't be disappointed.

Cauliflower Salad with Spring Peas and Cumin Serves 4

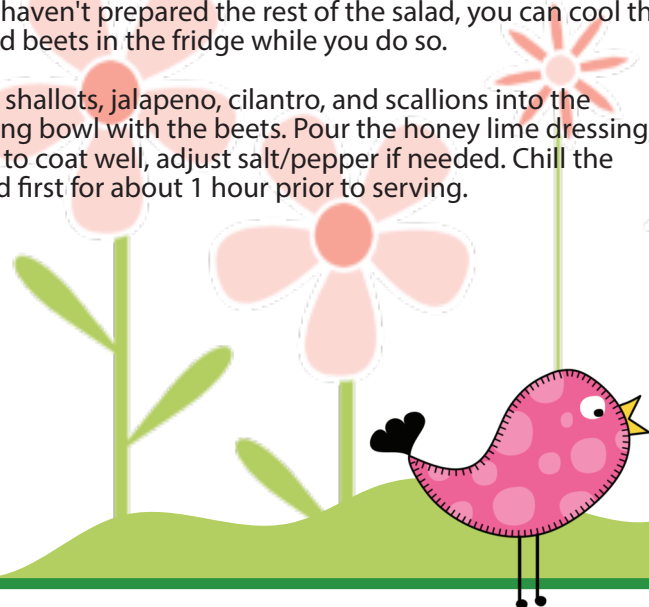
1 medium head cauliflower
1 cup peas, thawed
4 scallions, thinly sliced
1/2 cup fresh lemon juice
2 tsp. cumin
2 tsp. maple syrup/honey or sugar
1 tsp. grated fresh ginger
1/2 cup chopped nuts of your choice
Salt and pepper to taste

Cut the cauliflower florets from the stem. Pulse in food processor until the cauliflower is the size of pieces of rice.

Stir in peas and scallions.

Whisk together lemon juice, lemon zest, cumin, maple syrup, and ginger. Pour over cauliflower mixture and stir to combine.

Top with chopped nuts. Salt and pepper to taste.



Happy Spring!