

BROCCOLI STALK SALAD

an easy side dish

SERVINGS: 6

COOKING TIME: 25 MIN

INGREDIENTS

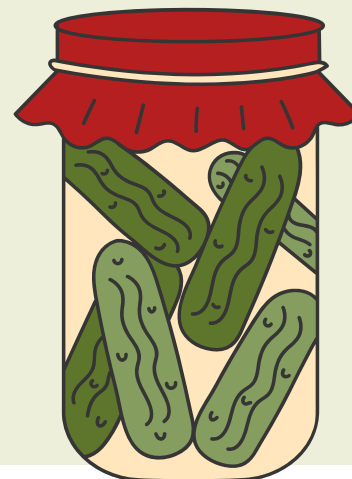
- 3 heads broccoli with steams, heads into florets and stem sliced thinly
- 1 cup sharp cheddar cheese, blue cheese, or feta
- 2/3 cup dried cranberries, raisins, or fresh fruits like diced apples
- 1/2 cup salted sunflower seeds, pumpkin seeds, or any other nut
- 1/3 cup red onion diced into small pieces

DRESSING

- 3/4 cup mayo
- 1/4 cup sour cream or yogurt
- 1 1/2 tablespoon white wine vinegar or apple cider vinegar
- 3 tablespoons sugar or honey
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

NOTES

Mix dressing together in a small bowl and pour over chopped ingredients. If you like your broccoli blanched, you can blanch and chill it before adding other ingredients.



QUICK PICKLE

will last in your fridge for a few weeks

SERVINGS: MAKES 3 CUPS OF LIQUID

COOKING TIME: 25 MIN

INGREDIENTS

- 1-1/4 cups distilled white vinegar or any vinegar
- 3 tablespoons kosher salt
- 2 tablespoons sugar
- 2 cups cold water
- 1-3/4 to 2 pounds cucumbers, beets, any veg

DIRECTIONS

- Boil the vinegar with the salt and sugar and desired spices until disintegrated (if working with a harder vegetables, add vegetable to hot liquid and steep until desired tenderness then, add the water)
- For softer vegetables, add water to boiling vinegar mixture, then pour over vegetable.
- Make sure vegetables are completely submerged in liquid
- Let cool slightly before putting in the fridge

NOTES

Some of Chef Liz's favorite quick pickles are spicy green beans using hot sauce, beets with warm spices and garlic, and pickled cauliflower with curry. Pickling is a great way to save foods that are about to go bad and extend their life.

Chowgirls