

05/22/12 - Spring Herb Salad With Feta Cheese
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Spring is here, Shavuot begins Saturday night, the days are warming up and fresh produce abounds everywhere. The other day I ate a salad for lunch that had fresh dill in the dressing, perfectly ripened chunks of avocado, and briny soft feta cheese in the salad mix. Those three ingredients combined with everything else, made a fabulous taste of spring in my mouth. Light, creamy, herbaceous, I ate my whole salad.

Serve this salad as a starter for your Shavuot feast or a main course for luncheon.

Serves 4 to 6

Salad:

1 box of spring salad or herb salad prewashed mixed greens

1/4 cup torn fresh mint

1/2 cup yellow grape or cherry tomatoes, cut in half

1/2 cup red grape or red cherry tomatoes, cut in half

3 Persian cucumbers, or fresh pickling cucumbers, washed and diced

1 large Haas avocado, cut in 1/2 inch chunks

7 ounces Feta Cheese, crumbled

Dressing:

1/3 cup fresh lemon juice

1/2 cup extra virgin olive oil

1 tablespoon honey

1/2 teaspoon sea salt

1/2 teaspoon freshly ground pepper

1/3 cup fresh dill sprigs



Combine all of the salad ingredients in a large bowl. Add lemon juice, olive oil,



Whisk until dressing is well combined then, add dill. Whisk again. Pour dressing over salad and gently toss to distribute dressing and disburse ingredients. Portion salad out onto individual salad plates and serve. You may desire additional freshly ground pepper on top. **Rela**



Grilled Sea Bass With Mango Corn Relish

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Grilled Portobello With Roasted Sweet Heart Tomato Crisps

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Borekas With Potato And Cheese

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Greek Salad

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Fresh Lima Bean and Dill Basmati Rice

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