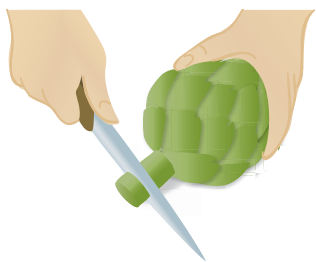


SALADS

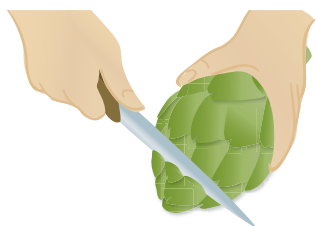
Year-Round Vegetable Cooking



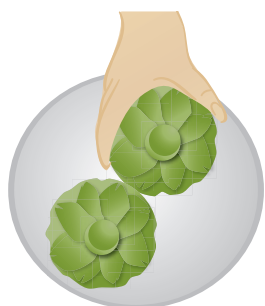
How to Prepare Artichokes for Cooking



Trim stem to approximately 1 inch.



Trim about 1 inch off the top.



Arrange artichokes, either stem up or stem down.



Use a spoon to scrape out the fuzz.

Artichokes are easy to cook, with just a little preparation.

1. Rinse the artichokes under cold, running water.
2. Trim the artichoke stem approximately 1 inch. (The stem is an extension of the heart)
3. Trim the top of the artichoke approximately 1 inch.
4. With scissors, trim tip of petals to remove any remaining thorns.

How to Steam Artichokes

Steaming artichokes is the ideal cooking method for maintaining their high-nutrient content.

Stove top

Using a deep pot, arrange artichokes either stem up or down—preferably in a steamer basket—keeping the artichokes above the steaming water. If a steaming basket is not available, place artichokes directly in water, keeping them only partially submerged.

Cover the pot and steam over rapid-boiling water (making sure to maintain the water level) until artichokes are tender. (Optional: use a broth instead of water for added flavor.)

Depending on size and quantity, total cooking time can range from 30-50 minutes. After the artichokes are tender, use tongs to carefully lift them out of the pot.

Testing Your Artichokes for Doneness:

However you decide to cook an artichoke, it is important to know when it is done. The best way is to use a toothpick or fork to poke the base of the artichoke to check if it is tender all the way through to the heart. If there is no resistance, it's done and ready to eat or use in a recipe.

Removing the Fuzz

There are several ways to remove the center artichoke “fuzz” once it is cooked.

1. The easiest way is to remove and enjoy each petal of the artichoke until you make your way down to the fuzzy center. Then use a spoon to scrape out the fuzz.
2. Cut the cooked artichoke in half lengthwise from top to bottom of stem. This will expose the fuzzy center on both sides of the choke. Using a spoon, scoop out the fuzz from both artichoke halves.
3. Spread open the center of the artichoke. Pull up and remove the center cluster of small, thin artichoke petals to expose the center fuzz. Use a spoon to gently scoop out the center fuzz.

Baby Artichokes

To Prepare:

After rinsing, snap off the lower petals until you reach the yellow-green core. Use a knife and cut off the top half inch of the Baby Artichoke, or just below the green tips of the petals. Trim the stems and all remaining dark-green areas from the base. Slice, halve or quarter per your recipe directions or preference.

To Cook:

Baby Artichokes can be cooked just like the larger-sized artichokes, but for not as long. Baby Artichokes are done when a toothpick or knife tip will go into the base of the artichoke easily.



Artichoke Caprese Salad

The Artichokes make this already popular salad even more inviting!

2 cooked Ocean Mist Artichokes
(Discard leaves and fuzz, slice the stem bottom and heart into 8 slices – see “How to Prepare & Cook”)

2 large ripe tomatoes (cut into 8 slices)

8 slices of fresh mozzarella cheese

8 large fresh basil leaves

Balsamic vinegar to taste

Olive oil to taste

Salt & pepper to taste

On a large serving plate, place alternating slices of tomato, cheese, basil leaf and artichoke, so each one overlaps the other.

Sprinkle with salt and pepper, and drizzle balsamic vinegar and olive oil over salad.

Serve with warm crusty bread!





Artichoke Potato Salad

If you can cook Potatoes for Potato salad then you can cook an Artichoke!

3 cooked Ocean Mist Artichoke hearts, stems and bottoms, chopped (See “How to Prepare & Cook”).

6 medium size potatoes (cooked, peeled and cubed)

5 hard boiled eggs (reserve one for garnish)

1/2 cup light mayonnaise

2 tablespoons dill pickle juice

1 tablespoon prepared yellow mustard

2 tablespoons fresh chopped parsley

2 green onions chopped

1 large dill pickle chopped

2 stalks of celery diced

2 teaspoons garlic salt

Black pepper to taste

In a large bowl mash eggs with fork and add mayonnaise, pickle juice, mustard, parsley, green onion, celery, garlic salt and pepper.

Mix well to combine all ingredients.

Add potatoes and artichokes. Mix well with large spoon.

Spoon into serving bowl and garnish with sliced hard boiled egg.

Cover and chill until ready to serve.



Fennel Salad with Pomegranate

A great potluck salad that everyone will enjoy!

**1 Ocean Mist Fennel bulb, chopped
(remove core before chopping)**

1 cucumber, peeled and chopped

1 apple, chopped (with skin)

Seeds from 1/2 a fresh pomegranate

1/2 cup toasted walnuts

1/2 cup balsamic vinaigrette dressing

1 tablespoon raspberry jam

In a large salad bowl, combine chopped fennel, cucumber, apple, pomegranate seeds and toasted walnuts.

In small bowl, whisk 1/2 cup balsamic vinaigrette dressing with raspberry jam.

Add raspberry dressing to salad and gently toss until well combined.

Cover and chill salad until ready to serve.



OMF Chopped BBQ Chicken Salad

OMF Hearts of Romaine make this salad a real family pleaser!

2 heads of Ocean Mist Hearts of Romaine lettuce (chopped)

1 cup sliced cherry tomatoes

2 cups of cooked chopped chicken breast strips

1 cup frozen white corn

1/2 cup chopped cilantro or Italian parsley

1 cup of fried tortilla strips

1/2 cup light ranch dressing

1/4 cup mild salsa

1/4 cup bottled bbq sauce

In a large salad bowl, toss romaine hearts, cilantro, corn, ranch dressing and salsa.

Divide tossed salad between 4 plates and add 1/2 cup of chicken to the top of each salad.

Add 1/4 cup of cherry tomatoes to salad and garnish with BBQ sauce and tortilla chips.





Mediterranean Salad – Artichokes & Sprouts

A combination of Greek and chef salad all in one!

2 cooked Ocean Mist Artichokes, cut into bite size pieces (stems, bottoms and hearts only – see “How to Prepare & Cook”)

3 cups cooked cooled Brussels sprouts (thinly sliced)

2 cups cooked cooled string beans (yellow or green)

1/2 purple onion (thinly sliced)

1 cup pitted kalamata olives

2 ounces cubed; monterey jack, pepper jack or blue jack cheese

1/4 cup red wine vinegar

4 ounces deli style turkey breast (cut into julienne strips)

4 tablespoons olive oil

2 tablespoons chopped fresh basil

2 tablespoons chopped fresh tyme

2 tablespoon chopped Italian parsley

8 small Italian marinated peppers

Salt and pepper to taste

In a large bowl combine all the ingredients and toss lightly.

Plate onto a chilled serving platter and serve.

Salad travels well and will stay fresh in an airtight container in an ice chest.



Fennel, Tangerine & Spinach Salad

A beautiful salad, perfect for the holidays!

1 pound of baby spinach, washed and dried

2 tangerines, peeled, sectioned and cut in half

1/4 cup toasted pine nuts

1/2 Ocean Mist Fennel bulb, thinly sliced into slivers

1/2 cup honey dijon dressing

1 tablespoon orange marmalade

In a large salad bowl, combine baby spinach, tangerines, fennel and pine nuts.

In a small bowl, whisk together honey dijon dressing and orange marmalade.

Divide salad between four plates and drizzle dressing on top of each salad.

Serve and enjoy!



Grilled Leek & Potato Salad

Quick & Easy.

1 bunch leeks (trim 1/2 inch off white root top and about 6 inches off dark green stalk)

12 small un-peeled red potatoes (microwave 10 minutes until tender)

1 red bell pepper (cut in half)

cooking spray

1/3 cup red wine vinegar

1/4 cup olive oil

1 teaspoon garlic salt

Salt and black pepper to taste

Preheat inside or outside grill until very hot.

Spray pan or grill with cooking spray. Place leeks, potatoes and red pepper on hot grill and cook for 15 minutes until leeks and peppers are tender (they will be charred).

Remove from grill and roughly chop vegetables. Place grilled vegetables in large bowl and toss with vinegar, olive oil, garlic salt. Add salt and pepper to taste.

Great served warm or chilled with grilled steak, fish or chicken.



Shredded Brussels Sprouts

Great flavors blend to create this wonderful vegetable side dish.

3 pounds Brussels sprouts

1/2 cup butter

8 sage leaves

6 slices of cooked bacon, crumbled

1/2 cup toasted pecan pieces

Salt and pepper to taste

Cut Brussels sprouts in half, and with a sharp knife, thinly shred each sprout in half.

In a large skillet, melt butter over medium-high heat and add fresh sage leaves. Cook butter and sage until the butter begins to turn a light golden color (sage will become crispy). Add shredded Brussels sprouts to pan and saute until sprouts are tender (about 7 minutes).

Take off heat and add crumbled bacon and pecans to Brussels sprouts. Add salt and pepper to taste. Serve immediately.



OMF Grilled Romaine Hearts

Ocean Mist Farms shows us how grilled romaine hearts are not only easy to prepare but chock-full of flavor and low in calories.

2 heads of Ocean Mist Romaine Hearts

Olive oil flavored cooking spray

2 vine ripened tomatoes (halved)

2 tablespoons extra virgin olive oil

4 tablespoons of red wine vinegar

Salt & pepper to taste

Preheat outdoor or indoor grill until hot.

Spray cooking spray on romaine hearts and tomato halves. Place vegetables on hot grill. Season romaine hearts and tomatoes with salt and pepper to taste. Turn hearts and tomatoes on grill to evenly char, will take about 5 to 7 minutes.

Remove charred hearts and chop with sharp knife.

On a large platter serve chopped romaine with grilled tomatoes and drizzle with olive oil and red wine vinegar. Serve.



Fresh Asian Radish Salad

So delicious you will make this often.

1 bunch radishes, washed and thinly sliced

1 cucumber peeled and diced

1 carrot, grated

2 tablespoons chopped cilantro

4 tablespoon soy sauce

2 tablespoons brown sugar

2 teaspoons Asian chili garlic sauce

2 tablespoons sesame oil

Combine the following in a small bowl: soy sauce, brown sugar, chili garlic sauce, sesame oil.

Toss radishes, cucumber, carrot and cilantro with the soy sauce dressing.

Serve on chilled plates.

Alternate Ways to Cook an Artichoke



Easy Baked

Preheat oven to 450 degrees.

Spread artichoke petals open to season. Between the petals, squeeze lemon juice, drizzle olive oil, vinegar, broth, and stuff garlic. Sprinkle top of artichoke with ½ teaspoon sea salt.

Tightly double wrap and seal each artichoke with heavy-duty foil.

Place foil wrapped artichoke in pre-heated oven and bake for one hour.

Remove from oven and let cool before unwrapping the artichoke.

Enjoy “as is” or by scooping out the fuzzy choke center to use the baked artichoke as an edible bowl filled with your favorite chili, sauces or even healthy dips!

Microwave Method

This is for two whole artichokes. If you cook more – just increase the amount of liquid.

Trim and clean artichokes; rub cut edges with lemon.

Cut artichokes in half; sprinkle cut side with salt and place cut side down in a microwave safe dish.

Pour 1/3 cup each of white wine and olive oil over chokes. Squeeze juice of 1 lemon over the chokes; cut lemon into wedges and tuck between artichokes.

Cover with saran wrap and microwave 20 minutes.

Drain artichokes before serving; use cooking liquid for dipping sauce (mix in a little mayonnaise, or just add salt).

Easy Grilled

Preheat outdoor grill.

Brush cooked artichoke halves with olive oil and season with salt and pepper or preferred dry seasonings.

Directly spray either grill or a mesh grill basket with nonstick cooking spray.

Place cut artichoke halves directly above the flame on the grill. Allow the artichokes to evenly char using tongs to turn the artichoke halves over until they have char marks on both sides.

Remove the artichokes from the grill and place on a serving platter.

To make artichokes easier to eat, remove center fuzz before serving.

Serve as is with the healthy grilled flavor or along with your favorite dipping sauce.

