

MIXED GREEN SALAD WITH ROASTED SHRIMP, CARROTS, AND ASPARAGUS

1 large head, red leaf lettuce
2-3 radishes
3-4 medium rainbow carrots (or orange is ok too)
1 bunch asparagus, break at the stems
Crumbled Feta – optional

Wash your greens. Slice your radishes, as thin as possible. Peel and slice your carrots on the bias about a 1/4 inch thick. Bring a large pot of heavily salted water to a boil, add your trimmed asparagus. Cook to al dente, roughly 2-3 minutes. Remove immediately to an ice bath, until cool. Then dry in paper towels. Set aside.

Preheat oven to 400 degrees. Add sliced carrots to sheet pan, in single layer. Season with salt, pepper and oil. Cook until browned but not burnt. 20 minutes or so.

Lemon Thyme Vinaigrette

1/4 cup freshly squeezed lemon juice
1-2 tsp whole grain mustard
2-3 tsp fresh thyme, chopped
1 teaspoon agave or honey
1 1/2 tsp garlic, minced
1/3 cup olive oil
Salt & pepper- to taste

Add all ingredients, except the olive oil, to a small container with a lid (like a mason jar, but a bowl and a whisk will work also). Whisk or shake everything together. Add the olive oil, put the lid on and shake vigorously until it is emulsified. Taste with a piece of lettuce and re-season dressing if necessary. Store in refrigerator, it'll keep for a generous 2 weeks.

ASSEMBLY

Gently tear your greens into small pieces and place into your bowl. Add your vegetables. Toss gently. Add your salt and pepper and dressing, GO light initially on dressing. Add and crumbled cheese if desired. Add more dressing if necessary. OPTION TO ADD Roasted Shrimp below....

ROASTED SHRIMP

- 1/2 - 1 cup fresh bread crumbs
- 2 tablespoons chopped fresh rosemary or hearty herb of choice (thyme, sage etc..)
- 3 tablespoons olive oil
- kosher salt and black pepper
- 1 pound peeled and deveined large shrimp (12-15 count)

Heat oven to 400° F. In a bowl, mix the bread crumbs, rosemary, 3 tablespoons oil, salt, and pepper. Add the shrimp and toss to coat.

Transfer the shrimp and any excess crumbs to a baking sheet. Bake until the shrimp are cooked through and the crumbs are crispy, 10 to 12 minutes. Broil lightly if necessary.

STRAWBERRY COMPOTE

1 pound strawberries
2 tablespoons sugar
3 tablespoons orange juice
2 tablespoons cornstarch

Rinse the strawberries, pat them dry, and then hull the fruit. To do this, insert a knife at an angle under the leaf cap and then twist to cut out the leaves and white core underneath. Discard the tip and repeat the process with all the berries. Cut very large berries in half or quarters; leave smaller berries whole.

Place the berries in a saucepan. Add the sugar and juice or water. Bring to a boil. Reduce the heat to low and simmer until the strawberries are all soft and just starting to fall apart and the liquid thickens, between 5 to 10 minutes.

Taste, and add more sugar if necessary. The compote will thicken a little while it cools off, but if you think it's too thin, mix 1 tablespoon of water with 1 tablespoon of cornstarch and add it to the saucepan. If using frozen fruit, you might need a little more cornstarch. Stir well and remove from heat.

Let the compote cool off completely. Transfer to a clean pint jar and store in the refrigerator for up to two weeks.

SERVING –

You can serve the compote over ice cream with crunched up sugar cookies, bits of granola, or another variety of cookies.

RHUBARB- when in season, you can add chopped rhubarb to the strawberries, it cooks down quickly and has a nice tart sweet flavor.

Like anything, taste and adjust your dish as necessary.