

THE CULINARY

Playground



Spring Salad with Pickled Veggies

Per 2 kids teamed up at induction

Vegetables

1/2 cup unseasoned rice vinegar

1 1/2 tablespoons sugar

1/2 tablespoon kosher salt

1 cup veggies; small carrots, shaved cucumber, shaved beets, thin sliced red onion

Bring vinegar, sugar, and salt to a boil in a small saucepan. Remove from heat and add vegetables; let sit until just tender, about 10 minutes. Drain.

Per each kid

Dressing

2 1/2 T olive oil

1/2 tablespoon fresh lemon juice

1/2 tablespoon unseasoned rice vinegar

Kosher salt and freshly ground black pepper

2 big handfuls mixed tender greens (such as mizuna, tatsoi, arugula, dandelion greens, and/or sorrel)

2 T cup tender herb leaves and blossoms (such as tarragon or mint)

Whisk oil, lemon juice, and vinegar in a small bowl; season vinaigrette with salt, pepper, and more lemon juice, if desired.

Toss vinaigrette, greens, and herbs in a large bowl.
Add pickled vegetables to salad; season with salt and pepper and toss to combine.



Spinach Artichoke Dip

- 1/4 cup grated parmesan cheese
- 2 1/4 oz frozen chopped spinach, thawed and drained of excess liquid
- 8 oz canned artichoke hearts, drained and chopped
- 1/8 cup sour cream
- 1/8 cup cream cheese
- 1 T mayonnaise
- 1/4 teaspoon garlic, minced

Preheat oven to 375°F.

Mix together Parmesan cheese, spinach, and artichoke hearts.
Combine remaining ingredients and mix with spinach mixture.
Bake for 20-30 minutes.

Serve with veggies sticks or crackers