

Mashu Mashu Salad - Addiction Warning

- 8 mini sweet peppers, lightly brushed with olive oil, roasted whole for 20 minutes in a 400F oven
- 8 oz mixed leafy greens
- 12-20 cherry tomatoes, halved
- 3 T toasted pine nuts
- 2 oz goat cheese
- 1/2 T each hemp and chia seeds

In a large bowl, add tomatoes to greens and toss with a little dressing. Form goat cheese into small balls and roll them in the hemp and chia seeds. Garnish salads with goat cheese, peppers and pine nuts. Serves 2-4.

Basil Vinaigrette

- 1 c tightly packed fresh basil leaves
- 2 cloves garlic, minced
- 1/4 t each kosher salt, freshly ground black pepper
- 1/3 c olive oil
- 2 T balsamic vinegar
- 1 T honey

Blend dressing ingredients in a processor until smooth. Serves 4-6.

Jittery Cook