



TasteWiseKids

CHOPPED SALAD BY CHEF SYLVA LIN

INGREDIENTS

1 cup diced carrots
3/4 cup fresh corn kernels
1/2 cup diced green beans
1/2 cup diced red onion
1/2 cup diced radicchio
1/2 cup diced celery
1 small vine ripened tomato (peeled, seeded and cut into 1/4 inch dice)
2 cups mixed salad greens
4 tsp grated Parmesan
kosher salt
black pepper
8 cherry tomatoes, halved

Dijon Balsamic Vinaigrette:

- 1/2 tbsp. Dijon mustard
- 1 1/2 tbsp. balsamic vinegar
- 1 tbsp. sherry vinegar
- 2 tbsp. extra virgin olive oil
- 1 tbsp. sunflower oil
- kosher salt
- black pepper

DIRECTIONS

1. For the Dijon-Balsamic Vinaigrette: In a bowl, whisk together the mustard, balsamic vinegar, and sherry vinegar. Whisking continuously, slowly drizzle the oils to form a smooth emulsion. Season to taste with salt and pepper.
2. Bring a pot of salted water to a boil. Put the carrots, corn, and green beans in a wire sieve, lower it into the boiling water, and cook until the vegetables are tender-crisp, 2 to 3 minutes. Plunge the sieve into the ice water to stop the cooking process. Drain well.
3. In a large bowl, combine the blanched vegetables. Put the salad leaves in a different bowl.
4. Drizzle about two thirds of the vinaigrette over the chopped vegetables and toss well. Sprinkle the parmesan and toss again. Season to taste with salt and pepper. Drizzle the remaining dressing over the salad leaves and toss well.
5. Arrange bed of salad leaves on chilled salad plates. Mound the chopped vegetable salad on top. Top the vegetables with reserved salad leaves. Arrange cherry tomato halves around the base of the salad.