

July 14th- July 21st



Farmers' Market Cobb Salad

Ingredients:

Dressing

1/2 cup Buttermilk
1/3 cup plain Greek
Yogurt
1/4 cup Mayonnaise
4 teaspoons Lemon
Juice
2 teaspoons Dijon
Mustard
1/2 teaspoon Honey

Salad & Topping Ingredients

3 tablespoons Olive Oil
1 teaspoon Salt
3/4 teaspoon Pepper
3 Sweet Potatoes peeled, and
cubed
2 ears Corn, shucked
1 small clove Garlic, peeled and
pressed
2 tablespoons Fresh Dill.
1 tablespoon Chives, sniped

1 head Lettuce, shredded
1/4 cup Red Onion, thinly sliced
8 strips cooked Bacon, chopped
4 hard cooked Eggs, quartered
1-1/2 cups shredded cooked
Chicken
1 Avocado peeled, pitted and cut
into 1/2 inch cubes
1 pint Cherry Tomatoes, halved
1 cup crumbled Blue Cheese
1 medium Zucchini, cubed

Recipe from NC Sweet Potatoes

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Directions:

1. Wash the fresh produce.
2. Preheat oven to 400°. Place sweet potatoes in a single layer on a large, rimmed baking sheet. Drizzle with 1 tablespoon of the oil. Sprinkle with 1/4 teaspoon of the salt and 1/4 teaspoon of the pepper; toss. Bake 30 minutes tossing once until golden. Let cool.
3. In a large skillet, char ears of corn over high heat, about 5 to 10 minutes; let cool. In the same skillet, char radicchio wedges over medium-high heat. Let cool. Cut off the corn kernels; set aside.
4. In a small bowl combine buttermilk, yogurt, mayonnaise, lemon juice, mustard, honey, garlic, dill, chives, remaining 3/4 teaspoon salt, remaining 1/2 teaspoon pepper and remaining 2 tablespoons olive oil.
5. Toss shredded lettuce with red onion and 3 tablespoons of the dressing. Transfer to a large serving platter. Arrange sweet potato, corn, bacon, eggs, chicken, avocado, tomatoes, blue cheese and zucchini on top of lettuce. Serve dressing on the side.

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