



FarmFresh

Recipes

June 2019

Available Now...

Greens

As farmers' markets open for the season, you'll find a variety of greens including lettuce, kale, arugula, collards and microgreens.



Tips & Nutrition

Kale is an excellent source of Vitamins A and C and a good source of calcium and potassium. Select dark green kale bunches with small to medium leaves.

Fresh Inspirations...

Colorado Kale Slaw

Ingredients

- 1 Bunch Kale, washed and shredded fine (yield 4 Cups)
- 1 Red Bell Pepper, washed, halved, julienned
- 1 Orange Holland Pepper, washed, halved, julienned
- 8 Pieces Thick Applewood Bacon, cooked and chopped
- 1 Cup Pecan Pieces, toasted and cooled
- 3 oz. Smoked Sun Dried Tomatoes, julienned
- 1/2 Cup Blue Cheese, crumbled
- 3/4 Cup Blue Cheese Dressing
- 1 Cup Fried Onions
- To Taste Cracked Black Pepper

Directions

Prepare all ingredients as shown above. Place shredded kale into a large bowl then top with the peppers, bacon, half of the pecans, half of the blue cheese, sun dried tomatoes and half of the fried onions. Add dressing to taste then mix all ingredients well to combine. Chill in the refrigerator for one hour. Mix again to ensure dressing is even, season if needed with the cracked black pepper. Place on a serving platter and garnish with the remaining pecans, blue cheese crumbles and fried onions.

Enjoy with a glass of Colorado wine such as Riesling from Whitewater Hill Vineyards in Grand Junction, Colorado. This wine is part of the 2018 Colorado Governor's Cup Collection, which includes wines that best represent Colorado's wine industry as selected by a panel of national and Colorado wine professionals.

Provided by Chef Jason K. Morse, CEC, 5280 Culinary, LLC and Ace Hardware Grill Expert

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at www.coloradoproud.org for a complete list of recipes.

Next Month... Colorado Apricots