EXTENSION FAMILY AND CONSUMER SCIENCES PROGRAM
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Earth Bowl Salad

INGREDIENTS

Salad	**Smokey Candied Walnuts**:	**Basil Vinaigrette**:
4 cups broccoli florets kernels from 2 ears sweet corn (or 1-1/2 cups frozen-than-thawed sweet corn kernels) 2 Tablespoon extra virgin olive oil 1 teaspoon red chili pepper flakes salt 1 pint cherry or grape tomatoes, halved 6oz white cheddar cheese, cubed 10oz mixed greens	1 Tablespoon honey 1/2 Tablespoon extra virgin olive oil 1/2 teaspoon smoked paprika 1/4 teaspoon salt 3/4 cup Fisher Walnut Halves and Pieces	1/2 cup lightly packed fresh basil 3 Tablespoons fresh lemon juice 1 Tablespoon honey salt and pepper 1/2 cup extra virgin olive oil

Ingredients

For the Smokey Candied Walnuts: Preheat oven to 350 degrees then line a baking sheet with a silpat or parchment paper and set aside. Add all ingredients except walnuts to a small bowl then stir to combine. Add walnuts then stir to coat. Spread walnuts out on prepared baking sheet then bake for 4-5 minutes or until golden brown. Remove from oven then stir and let cool (walnuts will crisp as they cool.)

Turn oven up to 400 degrees then spray 2 baking sheets with nonstick spray and set aside. Add broccoli to one baking sheet and corn to the other then drizzle with extra virgin olive oil, red chili pepper flakes, and salt, then toss with hands to coat. Roast for 10-12 minutes or until golden brown. Set aside to cool slightly.

For the Basil Vinaigrette: add all ingredients except extra virgin olive oil to a food processor or blender then pulse to roughly chop the basil. Turn processor on then slowly stream in olive oil.

Divide lettuce between bowls then top with roasted broccoli and sweet corn, smokey candied walnuts, white cheddar cheese, tomatoes, and basil dressing.

- Recipe obtained from www.iowagirlseat.com