



# Strawberry Mixed Greens Salad & muddled strawberry dressing

5pm - 6pm | 06.24.2021 Juneteenth Commemoration Class

**Serves 4 to 6 as a side salad Prep Time 35 minutes**

**CLASS FOCUS:** We will use summer produce, especially strawberries, that peak in the month of June, to make a light salad with a homemade dressing. Grilled chicken, fish, or sauteed beans can be added to make it a main dish.

**Juneteenth (short for “June Nineteenth”)** is a holiday commemorating this day, which marked the effective end of slavery in the United States. It marks the day (June 19, 1865) when news of emancipation reached people in the deepest parts of Galveston, Texas. Red foods and drinks are traditionally eaten on Juneteenth, these usually include hibiscus tea, red velvet cake, barbeque or red beans. The strawberry salad is an ode to this tradition.

## INGREDIENTS

### For salad:

- 8 ounces or ½ pound mixed greens salad mix
- 1/2 small red onion, very thinly sliced
- 1 pint or 2 ½ cups strawberries, hulled & quartered
- ¼ cup dried fruit, apricots or cranberries, chopped
- 4 ounces or 3/4 cup feta cheese, crumbled
- 3/4 cup pecans, almonds, or walnuts, toasted and chopped (**optional**)

### TOOLS

#### For dressing:

- 3 large strawberries, hulled and muddled
- 1/4 cup balsamic, apple cider vinegar, white wine vinegar or champagne vinegar
- 3 tablespoons extra-virgin olive oil
- 1 1/2 TSP honey
- 2 tsp mayonnaise
- 1 tsp dijon mustard
- A pinch of salt and black pepper

Cutting board

Baking sheet ( for  
nuts)

A whisk or dinner fork

2-3 large bowls A

glass jar with a lid

Measuring spoons

Chef's knife

### **Make the dressing**

1. Put 3 large strawberries in a bowl and use a fork to muddle them until they break down
2. Whisk the vinegar and honey until mostly dissolved. Add the mayonnaise and mustard, and whisk to combine.
3. Whisking the dressing steadily, pour the olive oil into the dressing in a slow stream. Continue whisking until completely combined. Add salt and pepper and taste.
4. Transfer to a tightly covered jar or salad dressing bottle. You can also make the dressing directly in the jar. The dressing will separate as it sits; shake to recombine before using.

### **Make the salad**

1. If you are using nuts, and they aren't already toasted, toast them at 350°F in an oven or toaster oven for 6-8 minutes or in a skillet on the stove top. Set them aside to cool.
2. Place the salad greens in a large bowl.
3. Drizzle 1 tablespoon of the dressing over the greens and toss gently to coat. Continue adding tablespoons of dressing as needed until the greens are all evenly coated with dressing.
4. Add the sliced strawberries, nuts, onions, dried fruit and cheese and gently toss to combine. 5.

Chop then add the cooled nuts, if you're using them.

6. Serve immediately or can be stored in the refrigerator for 1-2 days.

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