



Summer 2004

*Here are some ideas for light summer salads from
Foodland Ontario (www.foodland.gov.on.ca)...*

Tomato Salad with Basil Vinaigrette

Once the basis for an Italian peasant meal, this colourful salad, served with some crusty bread, is also perfect for today's light summer eating.

Salad

1 cup (250 ml)	Ontario green beans
4	Ontario tomatoes, cut in wedges
1 cup (250 ml)	Ontario mushrooms, sliced
1 cup (250 ml)	mozzarella cheese cubes
2	Ontario green onions, chopped
	Ontario romaine lettuce leaves

Basil Vinaigrette

½ cup (125 ml)	vegetable oil
2 tbsp (25 ml)	lemon juice
½ tsp (2 ml)	salt
¼ tsp (1 ml)	pepper
2 tbsp (25 ml)	chopped fresh basil

1. Blanch green beans in boiling water for 2 minutes. Immediately plunge into ice water to stop cooking and set colour.
2. On large platter, arrange tomatoes, mushrooms, beans, and cheese in concentric circles on Romaine leaves. Sprinkle tomatoes with green onions. Whisk together all vinaigrette ingredients. Spoon over salad. *Serves 4.*