

Recipes



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Herb Salad (Sabzi) from: "Vegetarian Cooking for Everyone" by Deborah Madison

3 cups small spinach leaves 2 scallions, including a few inches of the greens

1 cup arugula thinly sliced

1/4 cup flat-leaf parsley leaves Salt

1/4 cup cilantro leaves 1 tablespoon extra virgin olive oil or as needed

1/4 cup dill sprigs Fresh lemon juice

6 mint leaves, torn into small pieces Several celery or lovage leaves, torn

Carefully sort through the greens, then wash and dry them well. Tear or cut the spinach and arugula into bite-sized pieces and toss with the herbs, scallions, and a few pinches of salt. Drizzle on enough oil to lightly coat the leaves, then squeeze on a little lemon juice and toss again.

Serve sabzi with a warm cheese-filled turnover or falafel or add it to a pita sandwich.