

Skill level

Easy - good for all cooks

Intermediate - practice some new techniques

Time required

Quick - 30 minutes or less

Moderate - 1 hour or less

Extra ingredients

Few - primarily MoGro Weekly Share items

Several - 3-5 additional items you might have on hand

Skill level: Easy

Time required: Quick

Extra ingredients: Few



Avocado & Grapefruit
Salad

Ingredients

2 medium avocados, peeled & sliced

2 grapefruits, peeled, segments and seeds removed

Lettuce or greens of your choice

½ shallot minced (or 1 clove of garlic and ¼ onion chopped very fine)

½ teaspoon oregano

1½ teaspoons lime zest

3 tablespoons lime juice

½ cup oil

1 teaspoon sugar

¼ teaspoon salt

Directions

- 1) In a small bowl, mix the ingredients in the column above on the right to make the vinaigrette.
- 2) Cut away the peel from the grapefruit following the contours of the fruit.
- 3) Peel & slice the avocados.
- 4) Arrange slices of avocados and grapefruit segments on a plate on a bed of lettuce leaves.
- 5) Spoon dressing over salad.

Skill level: Easy

Time required: Quick

Extra ingredients: Several



Roasted Carrots with
Chimichurri

Ingredients

Small carrots

½ cup fresh flat-leaf parsley leaves

½ cup fresh cilantro leaves

¼ cup minced chives

1 minced garlic clove

¼ cup extra-virgin olive oil

2 tablespoons red-wine vinegar

Salt & pepper

Directions

- 1) Preheat oven to 375 F. Rinse carrots, place on rimmed baking sheet with oil, salt & pepper. Roast for 30 minutes or until tender and wrinkly.
- 2) While carrots are cooking prepare chimichurri. Chop herbs and combine in a bowl with chives, garlic, oil and vinegar. Let sit for 20-30 minutes to allow flavors to combine. Remove carrots from oven, top with chimichurri and serve.