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Plant City Grove Stand Salad

Permission to reprint granted by Danielle Rose, Suwanee Rose blog
<https://www.suwanneerose.com/2019/02/plant-city-grove-stand-salad/>

INGREDIENTS

1 orange suprêmed
1 grapefruit suprêmed
8 cups arugula
1 cup fresh herbs (mint, basil,
parsley)
1 1/2 cups sliced strawberries
1 cup sliced jicama
1 avocado, thinly sliced
1/2 cup toasted pecans

Quick-Pickled Onions

1 red onion, strawberry onion,
or Vidalia onion thinly sliced
3/4 cup apple cider vinegar
2 tbsp sugar
1 1/2 tsp salt

Citrus Poppyseed Dressing

1 tbsp apple cider vinegar
3 tbsp citrus juice (orange and grapefruit)
citrus zest (orange and grapefruit)
1/4 cup honey
1 garlic clove minced
2 tsp Dijon mustard
1/4 tsp salt
1/4 tsp pepper
1/2 cup olive oil
1 tbsp poppyseeds

PREPARATION

First, zest the orange and grapefruit, saving the zest for the dressing.
Next, suprême the citrus (follow link in the post for more visual instructions) by first slicing off the peel, then slicing in between each section of pith like pages of a book so individual gems of citrus are released. Once you reach the end of the book, squeeze the remaining core into a dish and reserve the juice for the dressing.



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Preparation Continued

Arrange the arugula and herbs in a salad bowl, top with citrus, strawberries, jicama, avocado, toasted pecans, pickled red onions (recipe to follow) and drizzle with citrus poppyseed dressing (recipe to follow).

Quick-Pickled Onions Preparation

Whisk apple cider vinegar, sugar, and salt in a bowl. Submerge the thinly sliced onions, adding more vinegar if necessary so the onions are covered. Refrigerate until ready to use.

Citrus Poppyseed Dressing Preparation

In a jar or bowl, whisk the apple cider vinegar, reserved citrus juice and zest, honey, garlic, mustard, salt, and pepper. Slowly drizzle in the olive oil while whisking, then add the poppyseeds. Taste and adjust how you like.

