

Dandelion Greens Salad

A simple salad or side dish of dandelion greens is not only nutritious but very tasty

Prep Time: 10 minutes | Cook time: 20 minutes | Total time 30 minutes | Salad, Veganish | Servings: 4 (1 cup servings)

Ingredients

- 1.5–2 pounds of dandelion greens (about 4 large bunches), ends trimmed
- 2 cloves of garlic, or a heaping teaspoon of toun
- 1/4–1/3 cup of fresh squeezed lemon juice, about 3 lemons
- 1/3 cup extra virgin olive oil
- kosher salt to taste, as well as to water*



Instructions

Begin by sorting through your dandelion greens and remove any that may be browned or wilted. Place a large stock pot on the stove with water, 3/4 of the way full and allow to come to a boil. Add 1 teaspoon of kosher salt to water. Next, trim the ends just about 1" or so to remove any browning.

Once ends are trimmed, place your bunches of dandelion greens in a bowl of cold water, you may need to do this in batches. Allow to soak, working with your hands to remove any dirt and debris. Continue to clean 2 times until water is clear. Once your water is boiling, add your greens. Cook your greens for 15-20 minutes until the stems are soft and tender and the bitterness is gone. Don't be alarmed, the water will be a brown color. Drain in a colander and allow to cool slightly before handling to squeeze excess water.

Meanwhile, prepare your dressing.

In a bowl, smash your garlic by using a mortar, garlic press or mince finely.

To your bowl add in 1/4 cup lemon juice, 1/3 olive oil and a teaspoon of kosher salt* and whisk – once you add your greens you can adjust to taste with additional lemon juice.

Once your dandelion greens have cooled enough to handle, with your hands gather a bunch and SQUEEZE until all the excess water is removed. Continue until you have all the greens dried. I like to chop my greens at this point to make them a bit smaller – then toss into your dressing. Mix well and adjust to taste – more salt or lemon as needed. Enjoy room temperature or cold, we love with pita bread!

Notes

*Author: Cosette's Kitchen -<https://cosetteskitchen.com/dandelion-greens-salad>

