

Dandelion Salad Made with Dandelions and Cheese

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INGREDIENTS: (serves 4)

- 1/2 lb (200 g) tender, fresh dandelion greens
- 1/2 cup (65 g) thinly sliced red onions
- 2 tomatoes, cut in fourths.
- 1/4 lb (110 g) sharp cheddar cheese, grated
- 1/2 tsp (2.5 ml) black pepper
- 1/4 cup (60 ml) salad oil
- 3 Tbsp (50 ml) vinegar
- 1 tsp (5 ml) dill

DIRECTIONS

1. Wash the dandelion greens carefully. Drain well and cut into pieces.
2. Add the onions, tomatoes, and cheese. Toss to mix.
3. Make a salad dressing by mixing the pepper, salad oil, vinegar, and dill. Dress the salad, toss, and serve.

NOTE: Caution. Make sure that you take the dandelion greens from a lawn that has not been treated with pesticides or anti-growth hormones recently. (Many lawn fertilizers also contain weed-control hormones). You can substitute a commercial salad dressing for the oil, vinegar, pepper, and dill.

Dandelion Greens Salad

INGREDIENTS:

1 small whole cloves, minced

1 1/2 Tbsp balsamic vinegar

3 Tbsp olive oil

1/4 cup fresh red currants

coarse salt

freshly cracked black pepper

large bunch young dandelion, greens trimmed and washed

snipped chives

DIRECTIONS:

1. In a small bowl, whisk together the garlic and vinegar. Then slowly add oil until emulsified.
2. Whisk in half the red currents and season to taste with salt and pepper.
3. Toss the dandelion greens with some coarse salt and pepper and then toss it with the vinaigrette.
4. Pile the greens onto plates and sprinkle with snipped chives and remaining currants. Fresh red currants add a punch to this simple yet delicious salad. Make sure to soak the dandelion greens well in a large bowl of cold water and then lift them out to remove the grit.

NOTE: Dandelion greens are available at most supermarkets from early spring until winter. If you can't find them, substitute a mixture of greens including watercress, arugula, and frisee.

Spinach and Dandelion Soup

INGREDIENTS: (serves 6 cups)

- 1 med potato peeled and cubed
- 1 Tbsp olive oil
- 1 small onion chopped
- 2 garlic cloves sliced
- 1/2 lb small fresh spinach leaves trimmed and washed
- 1/4 lb tender young dandelion greens trimmed and washed
- 1/2 tsp dried thyme leaves
- 2 cups milk
- 3/4 tsp salt
- 1/4 tsp freshly-ground white pepper
- □ Croutons (optional)

DIRECTIONS:

1. In 4-quart saucepan, heat potato in boiling water. Cook 10 to 12 minutes or until tender. Drain, reserving 1/2 cup of the potato-cooking liquid.
2. In the same saucepan, heat oil over medium heat. Add onion and saute until golden - about 5 minutes. Add garlic and cook 1 minute. Reduce heat to low; stir in spinach, dandelion, and thyme. Cook mixture, stirring occasionally, 3 to 5 minutes or until spinach and dandelion wilts.
3. Transfer mixture to blender or food processor fitted with chopping blade. Add cooked potato with reserved potato-cooking liquid, milk, salt, and pepper; process until smooth.
4. Return mixture to saucepan and reheat. Divide among soup bowls; garnish with croutons, if desired.

This recipe yields 6 one-cup servings

White Bean and Ham Soup with Dandelion Greens

INGREDIENTS: (6-8 servings)

- 1lb ham cut bite-size
- 2 carrots chopped
- 1 onion chopped
- 1lb Great Northern beans rinsed, and
 - broken pieces picked out
- 8 cups water
- Salt to taste
- 2 bay leaves
- 1bn dandelion greens
 - Freshly-ground black pepper to taste

DIRECTIONS:

1. Heat the oven to 350 degrees. Heat the ham in a large, heavy oven-proof soup pot over medium heat. Add the carrots, cover and cook 5 minutes. Add the onion, cover and cook until soft, stirring several times so they don't stick to the bottom, about 10 more minutes. Add the beans, water, 1 teaspoon salt, and bay leaves, cover and bake until the beans are quite tender, about 2 hours.

2. Discard tough parts of dandelion stems. Chop the dandelions greens, remove the soup pot from the oven and stir in the greens. Replace the cover and set aside, off heat, until the greens have softened, about 10 minutes. Remove the bay leaves. Season to taste with pepper and salt, though the latter probably won't be necessary because of the ham.

This recipe yields 6 to 8 servings.

Directions. Print out. Keep as a reference.

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Ziti with Fava Beans and Dandelion Greens

INGREDIENTS:

- 8 oz dried fava beans, soaked overnight and drained
- 6 large cloves garlic, finely chopped
- 1/4 cup extra virgin olive oil
- 2 Tbsp coarsely chopped flat-leaf parsley
- 1 large leek, (white & 3" of green), coarsely chopped
- 1 lb dandelion greens, washed well, chopped into 2" pieces
- 3 med ripe tomatoes, include juice, chopped
- 1/2 tsp crushed red pepper
- 1/2 tsp dried oregano
- Salt and pepper to taste
- 8 oz ziti pasta

DIRECTIONS:

1. Put soaked fava beans and 6 cups water in a large pot. Cover and bring to a boil over high heat. Stir in half of the chopped garlic, 2 tablespoons olive oil, and parsley. Lower heat to medium, cover, and cook at a medium boil, stirring occasionally, for about 1-1/2 hours, or until beans are tender
2. Meanwhile, in a large skillet, heat remaining 2 tablespoons olive oil over medium-high heat. Add remaining garlic, leeks, dandelions, and tomatoes with their juices. Cover skillet and cook for about 45 minutes, stirring occasionally, until sauce has thickened. Sprinkle with crushed red pepper, oregano, salt, and pepper. Stir well to mix. Lower heat and keep warm while beans continue to cook until tender.
3. Cook ziti according to package directions. Drain and add pasta to cooked dandelion greens. Cover and keep warm.
4. When beans are done, mash them lightly with a potato masher. Add the dandelion/ziti mixture to pot of beans and stir well to combine. Cook for 10 minutes, stirring occasionally. Taste for seasonings.

Directions. Print out. Keep as a reference.

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Dandelion Salad - Makes 6 servings.

INGREDIENTS:

4 cups chopped dandelion leaves
3 hard-cooked eggs
3 slices bacon

SALAD DRESSING INGREDIENTS:

1 1/2 Tbsp. flour
1 tsp. salt
1 egg
2 Tbsp. sugar
1/4 cup vinegar
2 cup milk or water

DIRECTIONS:

1. Wash and chop dandelion leaves.
2. Fry bacon, crisp then crumble.
3. Remove bacon from drippings.

DIRECTIONS FOR SALAD DRESSING:

1. Mix together flour and salt; add egg, vinegar and water.
2. Stir until blended.
3. Add to bacon drippings in pan and cook until thickened.
4. Cool slightly.
5. Pour dressing over dandelion leaves and mix lightly.
6. Garnish with sliced or chopped hard-boiled eggs and crisp bacon pieces.
7. Serve immediately.

Dandelion Soup

INGREDIENTS:

2 quarts dandelion greens, loosely packed
2 quarts chicken soup
1 lb. mixed ground beef, veal, and pork
1 egg
2 Tbsp. bread crumbs
2 Tbsp. minced parsley
1 Tbsp. minced onions (extra fine)
1/4 tsp. salt
1/8 tsp. seasoned pepper
Dash nutmeg
3 Tbsp. grated parmesan cheese
2 Tbsp. sour cream

DIRECTIONS:

1. Bring chicken soup to a boil.
2. Add dandelion greens.
3. Cook slowly.
4. If desired, 1/2 cup rice or 1 cup fine egg noodles can be added.
5. Mix the remaining ingredients together and make very tiny meatballs. When greens are tender, add meatballs and cook gently 10 minutes or until meatballs are thoroughly cooked.

Serve hot with Italian or French bread.

Dandelion Salad With Eggs

INGREDIENTS:

2 quarts cleaned dandelion (cut into 1/2-inch pieces)

1/2 medium-sized onion, minced very fine

olive oil (or as desired)

wine vinegar (or as desired)

(Proportion of oil to vinegar is 3:1)

2 hard-boiled eggs per person

Salt and pepper to taste

DIRECTIONS:

1. Dry the cleaned dandelion carefully.
2. Season with 1/2 tsp. salt and 1/8 tsp. garlic salt.
3. Mix all of the ingredients together gently.
4. Then taste and add more seasonings as needed.
5. Boil enough hard boiled eggs to allow at least 2 per person. Eggs may be sliced into the salad. However, many prefer to serve the eggs separately, letting each person help himself.

Italian Dandelion Green Casserole

INGREDIENTS:

- 1 lb. ground beef (or beef and pork mixed) (or substitute to liking)
- 1 cup bread crumbs
- 2 Tbsp. chopped parsley
- 2 Tbsp. finely chopped onion
- 1 tsp. salt
- 1 egg
- 1/4 cup milk
- 6-8 cups dandelion greens
- 1 15 oz. can tomatoes, drained
- 1 cup chicken stock or bouillon
- salt and pepper to taste

DIRECTIONS:

1. Mix together meat, bread crumbs, parsley, onion, salt, egg, and milk.
2. Form 40 to 45 small meatballs about 1 inch in diameter. Brown them in oil. Drain and set aside.
3. Wash dandelion greens.
4. In a buttered casserole alternate layers of dandelions, browned meatballs, and tomatoes. Add the chicken stock or bouillon. Season with salt and pepper and simmer 20-30 minutes.

Yields 6-8 servings. When serving the casserole, have hot pepper flakes and Parmesan cheese available on the table.

Variations:

1. Add a layer of onions.
2. Season the meatballs with garlic salt or add finely chopped garlic to the casserole.
3. Add other herbs—oregano, basil, or marjoram.

DANDELION SALAD

INGREDIENTS:

- 4 cups dandelion leaves
- 4 cups romaine lettuce leaves
- 2 cups diced tomatoes
- 1/2 cup chopped chives
- 1/4 cup chive flowers
- 1 cup chopped dandelion flowers (optional)

Dressing:

- 1/4 cup olive oil
- 1 tablespoon tamari
- 2 tsp. lime juice

DIRECTIONS:

1. Wash and dry the greens.
2. Tear into bite size pieces.
3. Place greens, tomatoes and chives in a large salad bowl and toss well.
4. Add the dressing and garnish with the chive and dandelion flowers.

Dandelion Salad

INGREDIENTS:

- 1 tbsp. vegetable oil
- 1 tsp. cider vinegar or lemon juice
- 2 cups young dandelion leaves
- 1/4 cup sliced green onions or leeks
- 2 hard-cooked eggs, sliced
- 1/2 cup grapefruit or tangerine sections or mandarin oranges
- Dandelion blossoms (Optional)

DIRECTIONS:

1. In a small bowl, whisk oil and vinegar.
2. Combine dandelion leaves and onions.
3. Add dressing and toss to coat.
4. Arrange on two salad plates.
5. Top with eggs and fruit.
6. Garnish with dandelion blossoms if desired.

Yield 2 servings.

HINTS:

1. Dandelion leaves may be used as a substitute in recipes calling for chicory, arugula, escarole or curly endives.
2. Lemon helps mellow the hint of bitterness common in dandelion greens.
3. Use Dandelion blossoms immediately after picking because the flowers will close quickly.

Thanks to [Flower-Recipe egroup](#) for this recipe.