

Fiddlehead Salad

Dorothy added a unique twist to a classic salad by incorporating fiddleheads.

Servings: 6

Prep time: 10

Cook time: 10min

INGREDIENTS

3 cups of spring salad

1 container of cherry
tomatoes

1 ½ cup fresh or frozen
fiddleheads

⅔ cup pine nuts (optional)

Note: Fiddlehead ferns are a spring vegetable and are often frozen to be used all year round. Frozen fiddleheads still need to be boiled for 10 minutes before eating.

DIRECTIONS

1. Boil fresh or frozen fiddleheads in water for 10 minutes and strain and pat dry. Add to salad mixture and add choice of toppings and dressing.

Recommended dressings:

Blackberry, strawberry poppyseed, or strawberry vinaigrette.