

Sparkle Kitchen

Strawberry and Goat Cheese Salad

Ingredients

For the salad

- 1-2 heads of butter or romaine lettuce
- 1 pound of strawberries
- 4 ounces of goat cheese
- ½ medium red onion
- a sprinkling of rinsed capers or a few strips of crumbled bacon

For the vinaigrette

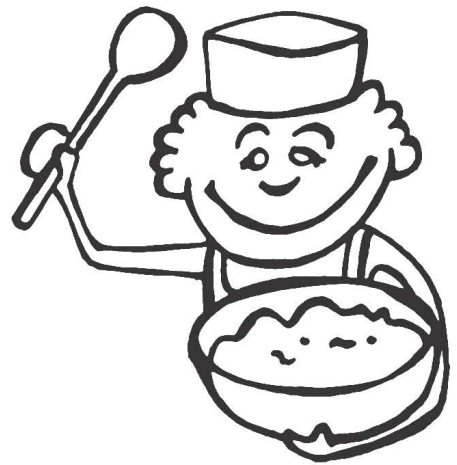
- 2 ounces extra virgin olive oil
- ½ ounce balsamic vinegar
- juice of 1 lemon
- 1 Tablespoon honey
- salt and pepper (about 1 tsp of each, or to taste)

__Directions__

First, put the goat cheese in the freezer for 10-15 minutes to make it easier to slice.

While the cheese is chilling, rinse and chop the lettuce, and put it in a large serving bowl.

Then, wash, hull, and slice the strawberries. Taste one or two for sweetness — c'mon, you know you want to — and feel free to add a teaspoon of honey or sugar if you think they need it. Layer the strawberries on top of the lettuce.



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Continued...

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Next, slice the onion. I like to just barely cook onions in order to mellow their flavor, so I typically toss the onion slices into a skillet over medium heat for just a minute or two. When they're finished, add the onions to the strawberries and lettuce.

Now turn to the goat cheese. It should be easier to slice after its brief trip to your freezer, but if you're still having trouble with a knife, try using a length of dental floss. (Most recipes recommend unflavored floss, but I frequently use mint and can't ever taste it on the cheese.) Cut the cheese into about ½ inch slices and layer them on the salad.

Last, we like this salad best with a salty component to contrast with the sweet strawberries and goat cheese. A few tablespoons of rinsed capers or two or three crumbled slices of crispy bacon are each good choices. Just use what you have on hand.

For the vinaigrette, use a mason jar to measure the ingredients, then put the lid on and shake like crazy. (This is a great job to give a little one who may be in the kitchen eating all of your strawberries.) Drizzle a bit of dressing over each person's portion of salad and enjoy strawberry season!