

Salad - Lime Cilantro Sweet Potatoes

Juudy Scrimger - DFAIT/MAECI

Ingredients:

- 2 lb sweet potatoes, peeled and cut into bite-sized chunks
- 4 T olive oil
- ¾ t salt
- 1 t cayenne pepper
- zest of one lime – minced
- 2 T lime juice
- ¼ to ½ cup chopped cilantro

Instructions:

- Toss sweet potatoes with 2 T oil and ¼ t salt, spread in one layer on a cookie sheet and roast, stirring (shaking) halfway through, until tender, about 25 minutes total
- Stir together cayenne, zest and remaining ½ t salt in a small bowl
- Whisk together 2T lime juice and remaining 2 T oil in a larger bowl, then add potatoes
- Sprinkle with the cayenne mixture and cilantro, stir gently to combine
- Serve as a cold salad

Salad - Radicchio, Spinach & Pear

Louise Belisle - DFAIT/MAECI

Ingredients:

- ¼ cup extra-virgin olive oil
- 2 Tablespoons good balsamic vinegar
- 1 clove garlic, minced
- pinch each salt & pepper
- baby spinach and radicchio, about 4-6 cups worth
- 1 bosc pear, thinly sliced
- 1 cup parmesan shavings (not shredded or grated)

Instructions:

- Whisk together the dressing ingredients, let stand 10 minutes
- Tear radicchio into bite-sized pieces and toss with spinach and dressing
- Arrange in large shallow bowl or individual plates, top with pear slices and cheese