



# Backyard Bounty

with  
Chef Callyn Graf

Call the Holladay Market cooking school at 385-257-8309 or email us at  
[46cookingschool@harmonsgrocery.com](mailto:46cookingschool@harmonsgrocery.com)

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## Marinated Tomato and Cucumber Salad

Serves 4

GF, V, VG

### Ingredients:

4 ripe tomatoes

½ cup white onion, thinly sliced

1 medium cucumber

½ cup extra-virgin olive oil

3 tablespoons red wine vinegar

Salt and freshly ground black pepper

Handful fresh parsley leaves, lightly chopped

Handful fresh cilantro leaves, lightly chopped

### Directions:

1. Cut each tomato into 8 wedges and add to a medium bowl with the onion.
2. Thinly slice the cucumber and add to the tomatoes and onion. If the cucumber has a thick skin, peel in a striped pattern, leaving some of the peel on and some removed.
3. Whisk together the olive oil, red wine vinegar, salt and pepper in a small bowl. Pour the dressing over the tomatoes and onion and toss.
4. Add the herbs and gently toss to combine. Rest before serving. This can be made up to one day in advance.

GF- gluten free V- vegetarian VG- vegan

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## Roasted Carrot and Pesto Tops

Serves 4

GF, V

### Ingredients:

2 cups chopped carrots, cut into 1/2" pieces (reserve tops)

2 tablespoons avocado oil

1 lemon, juice and zest

Salt and freshly ground black pepper, to taste

1/3 cup chopped carrot tops

1/3 cup chopped parsley

1/3 cup basil

1 tablespoon walnuts

1 clove garlic

1/4 cup olive oil

1/4 cup grated Parmigiano-Reggiano

### Directions:

1. Preheat oven to 375 F. In a large bowl toss cut carrots with oil, lemon juice, zest, salt and pepper. Spread evenly on a large sheet pan, and roast for 15-20 minutes, until tender and golden.
2. Meanwhile, in a food processor, add the carrot tops, parsley, and basil. Pulse a few times to get the mixture nice and chopped. Add in the walnuts and garlic and turn the motor on. While the motor is running slowly drizzle in the olive oil. Then add Parmigiano-Reggiano cheese and pulse a few more times to combine.
3. Once the carrots have roasted to the desired doneness remove and drizzle pesto on top. Enjoy warm or at room temperature.

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## Grilled Swiss Chard

Serves 4

GF, V VG

### Ingredients:

1 bunch Swiss chard

½ cup raw walnuts

2 cloves garlic, minced

1 teaspoon tamarind paste

2 tablespoons tahini

1 tablespoon miso paste

1/3 cup olive oil

\*\*\*optional ingredients- crumbly cheese (goat, feta) green beans, tomatoes

### Directions:

1. Preheat an outdoor grill to about 375 degrees (This recipe works best outdoors, but alternatively, heat an oven broiler on high or use the burners of a gas stovetop.)
2. Meanwhile, prepare the dressing by whisking garlic, tamarind, tahini and miso together until well mixed. Slowly add the olive oil while whisking constantly to create an emulsified dressing. Set aside.
3. Heat a small sauté pan to medium high. Add walnuts to the dry pan and toast until fragrant. Remove from heat and let cool slightly, roughly chop.
4. Once the grill or oven has come up to temperature, add the Swiss chard in an even layer; toasting and caramelizing the leaves. Make sure not to walk away from the grill, as constantly turning the leaves is key to them not burning. Once the leaves have softened and the ends have crisped up, remove them from the heat and roughly chop them into 1" pieces.
5. Add the chard to a salad bowl and toss with dressing and walnuts. If any additional ingredients are being used, add them now. Toss and serve warm or at room temperature.

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